

## Carmen D. Samuel-Hodge

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Schools of Medicine and Public Health  
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### Education

- Doctorate                      University of North Carolina at Chapel Hill  
**PhD in Public Health Nutrition**, 2000  
Dissertation: Psychosocial Factors Associated with Dietary Self-Management Among Older African American Women with Type 2 Diabetes
- Masters                         University of North Carolina at Chapel Hill  
**Masters of Public Health Nutrition**, 1993
- University of Maryland, College Park, MD  
**Masters of Science in Human Nutrition**, 1984
- Undergraduate                George Washington University, Washington, DC  
**Bachelor of Arts in Biology**, 1979
- Registered Dietitian**, 1989  
American Dietetic Association

### Professional Experience

- Department of Medicine, Duke University Medical Center                      2008- current  
**Adjunct Research Assistant Professor**  
Duke University, Durham, NC
- Department of Nutrition, Schools of Medicine and Public Health                      2003 - current  
**Research Assistant Professor**  
University of North Carolina at Chapel Hill
- UNC Center for Health Promotion & Disease Prevention.                      2010 - 2015  
**Co-Investigator**, Center to Reduce CVD Disparities: Genes, Clinics and Communities: Community-Based Lifestyle Intervention to Reduce CVD Risk & Disparities in Risk (NIH-funded; P50 grant - PI, Ammerman/Patterson; Study PI, Keyserling)

UNC Center for Health Promotion & Disease Prevention <b>Co-Investigator</b> , A Combined Lifestyle and Medication Intervention to Reduce CVD Risk. (CDC-funded; Keyserling, PI)	2010 - 2012
UNC Center for Health Promotion & Disease Prevention <b>Co-Investigator</b> , Reducing CVD Risk among Women Accessing Reproductive Health Services. (CDC-funded; Keyserling, PI)	2009 - 2014
Center for Health Promotion and Disease Prevention/Nutrition Department <b>Principal Investigator</b> , K01-Family-based Diabetes Self-Management Intervention Study (NIDDK-funded)	2007- 2012
Center for Health Promotion and Disease Prevention <b>Principal Investigator</b> , R-18 Translational Research Study (CDC-funded)	2007- 2011
Center for Health Promotion and Disease Prevention <b>Principal Investigator</b> , Weight-Wise Pilot Study (CDC-funded)	2004 - 2008
Department of Nutrition, Schools of Medicine and Public Health <b>Co-Investigator</b> , UNC Center of Excellence for Training and Research Translation (CDC-funded), Principal Investigator: Alice Ammerman	2004 - 2008
Department of Medicine, Duke University Medical School <b>Co-Investigator, Principal Investigator of Minority Supplement</b> , Weight Loss Maintenance Trial (NIH/NHLBI funded, Principal Investigator: Laura Svetkey)	2003 - 2007
RTI-UNC-CH Evidence-based Practice Center (EPC) <b>Co-Investigator/Abstractor</b> , Evidence Report on Community Based Participatory Research (Agency for Healthcare Research and Quality (AHRQ) – funded; Directors: Kathy Lohr (RTI), Tim Carey (UNC))	2002 - 2003
UNC Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill <b>Co-Investigator</b> , Testing CVD Lifestyle Interventions in Underserved Women (CDC-funded; Principal Investigator: Alice Ammerman),	2001 - 2004
UNC Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill <b>Co-Investigator</b> , Nutrition Training Course to Teach the Underserved (CDC-funded; Principal Investigator: Alice Ammerman)	2001 - 2004
UNC Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill <b>Co-Principal Investigator/Project Director</b> , Church-based Intervention to Improve Diabetes Care – A New DAWN (CDC-funded; Principal Investigator: Thomas Keyserling)	1999 - 2003
UNC Center for Health Promotion & Disease Prevention, University of North Carolina at Chapel Hill	1995- 1999

**Graduate Research Assistant**, Improving Diabetes Care for Minority Women (CDC-funded; Principal Investigator: Thomas Keyserling)

Durham County Health Department - Nutrition Division, **Research Coordinator**, Special Initiative -- Evaluation of Barriers to Nutrition Services in Family Planning Clinic 1995

UNC Center for Development and Learning, University of North Carolina at Chapel Hill **Research Assistant**, Institute of Nutrition Grant -- Adolescent Obesity: 1994

UNC Frank Porter Graham Child Development Center, University of North Carolina at Chapel Hill **Research Assistant**, Institute of Nutrition Grant -- Childhood Obesity 1994

**University of the Virgin Islands, Division of Nursing Education**, St. Thomas, VI **Research Assistant**, Institute of Nutrition Grant -- Childhood Obesity 1985 - 1991  
Instructor, Human Nutrition (3-credit course)

**University of Maryland at College Park, Department of Nutrition** **Research Assistant**, Institute of Nutrition Grant -- Childhood Obesity 1984  
Instructor, Human Nutrition (3-credit course)

University of Maryland at College Park, Department of Nutrition, **Research Assistant**, Thrifty Meal Plan Evaluation 1982

#### Research Consultation:

Rochester Prevention Research Center, National Center for Deaf Health Research. **Consultant**, The Deaf Weight-Wise Program. (CDC-Funded; 2-year sub-contract) 2009 - 2011

University of Alabama, Birmingham **Consultant**, ENCOURAGE (Evaluating Community Peer Advisors and Diabetes Outcomes in Rural Alabama Project. Funded by Peers for Progress: Peers for Progress was founded in 2006 to promote peer support as a key part of health, health care, and prevention around the world. Its mission is to accelerate the worldwide availability of best practices in peer support. 2009 - 2010

Robert Wood Johnson Foundation, African American Collaborative Obesity Research Network (AACORN): A Planning Grant **Network Charter Member/Research Consultant**: AACORN seeks to enhance the involvement and agency of African American investigators in obesity research and to improve the quality and quantity of research to foster the achievement of healthy weights in African American communities. 2003 - 2008

Texas A&M University System, School of Rural Public Health **Technical Advisor**: Improving the health of rural and underserved populations through better implementation, dissemination and sustainability of clinical and community disease prevention and disease management practice guidelines. (Prevention Research Center Application, CDC) 2004 - 2008

Duke University Medical Center, Hypertension Center **Consultant**, Hypertension Improvement Project (HIP), (NHLBI-funded; 5 years) 2004 - 2006

Texas A&M University System, School of Rural Public Health <b>Consultant</b> , Improving self-care practices among homebound elders with type 2 diabetes (NIEHS Center for Environmental and Rural Health-funded)	2004 - 2005
Yale-Griffin and UNC-CH Prevention Research Centers <b>Expert Panel Consultant</b> , Understanding Determinants of and Barriers to Fruits and Vegetables Consumption in Multi-ethnic Adult Populations (CDC-funded)	2001 – 2003
NC State Department of Health and Human Services, Division of Public Health <b>Sub-Committee Chair/Executive Committee Member</b> , NC Initiative for Healthy weight in Children and Youth, Secondary Prevention Sub-Committee	2001 - 2002
NC State Department of Environment, Health, and Natural Resources, Children and Youth Section, <b>Nutrition Consultant/Program Coordinator</b> , Pediatric Nutrition Training Curriculum	1995- 1999

### Honors

UNC-CH School of Medicine, Simmons Scholar	2003
Carolina Minority Postdoctoral Fellowship	2000
Mildred Kaufman Outstanding Doctoral Student Award	1996
A. Hughes Bryan Outstanding Doctoral Student Award	1996
Health Promotion and Disease Prevention Traineeship, UNC-CH	1996
NIH Research Traineeship, UNC-CH	1994
Delta Omega, Theta Chapter, Public Health National Honor Society	1994
Maternal and Child Health Traineeship, UNC-CH	1992
Omicron Nu, Human Ecology National Honor Society	1983
Graduate and Professional Opportunities Program Fellowship- University of Maryland at College Park	1982

### Memberships

Member, American Diabetes Association  
 Member, American Dietetic Association  
 Member, Diabetes Care Education Practice Group (American Dietetic Association)  
 Charter Member, African American Collaborative Obesity Research Network (AACORN)  
 Reviewer, The American Journal of Health Promotion  
 Editorial Board Member, Journal of Nutrition for the Elderly

**Publications**                      Book chapters, refereed papers, refereed abstracts/oral presentation, presentations or book reviews

### Book Chapters:

Gary-Webb TL, **Samuel-Hodge C**, Narayan V, Hill-Briggs F. Prevention and Treatment of Diabetes among African-American Adults. In: Diabetes in Black America: Public health and Clinical Solutions to a National Crisis. Jack L ed. Hilton Publishing, Munster, IN, 2009

Ammerman AS, **Samuel-Hodge CD**, Sommers JK, Leung MM, Paxton AE, Vu MB. Community-Based Approaches to Obesity Prevention: The Role of Environmental and Policy Change. In: Handbook of Obesity Prevention: A Resource for Health Professionals, Kumanyika S & Brownson RC eds. Springer, New York, NY, 2007

### **Publications:**

Caldwell D, Lebeuf J, Eds; Ammerman A, Cooke C, Dunn C, Longenecker J, Matthews B, Ngui E, **Samuel-Hodge C**, Schwartz R, Ward D, 2002. Moving Our Children Toward a Healthy Weight: Finding the Will and the Way. North Carolina DHHS, Division of Public Health, Raleigh, NC.

Kumanyika SK, Whitt-Glover MC, Gary TL, Prewitt TE, Odoms-Young AM, Banks-Wallace J, Beech BM, Hughes Halbert C, Karanja N, Lancaster KJ, **Samuel-Hodge CD**. Expanding the Obesity Research Paradigm. Reaching African American Communities. *Prev Chronic Dis*. 2007 Oct;4(4):A112. Epub 2007 Sep 15

### **Published Articles: Peer-reviewed:**

Gustafson AA, Sharkey J, **Samuel-Hodge CD**, Jones-Smith J, Folds MC, Cai J, Ammerman AS. Perceived and objective measures of the food store environment and the association with weight and diet among low-income women in North Carolina. *Public Health Nutr*. 2011 Feb 16:1-7. [Epub ahead of print]

**Samuel-Hodge CD**, Gizlice Z, Cai J, Brantley PJ, Ard JD, Svetkey LP. Family functioning and weight Loss in a sample of African Americans and Whites. *Ann Behav Med*. 2010 Dec; 40(3):294-301.

Funk KL, Stevens VJ, Appel LJ, Bauck A, Brantley PJ, Champagne CM, Coughlin JW, Dalcin AT, Harvey-Berino J, Hollis JF, Jerome GJ, Kennedy BM, Lien LF, Myers VH, **Samuel-Hodge C**, Svetkey LP, Vollmer WM. Associations of Internet Website Use with Weight Change in a Long-term Weight Loss Maintenance Program. *J Med Internet Res* 2010 Jul 27;12(3):e29

Bryant LL, Chin NP, Cottrell LA, Duckles JM, Fernandez ID, Garces DM, Keyserling TC, McMilin CR, Peters KE, **Samuel-Hodge CD**, Tu SP Vu MP, Fitzpatrick AL. Perceptions of cardiovascular health in underserved communities. *Prev Chronic Dis*. 2010; 7(2): A30. Epub 2010 Mar 15.

Kraschnewski JL, Keyserling TC, Bangdiwala SI, Gizlice Z, Garcia BA, Johnston LF, Gustafson A, Petrovic L, Glasgow RE, **Samuel Hodge CD**. Optimized Probability Sampling of Study Sites: An approach to improving generalizability in a type 2 translational study of an intensive behavioral weight loss intervention. *Prev Chronic Dis* 2010;7(1) [http://www.cdc.gov.pcd/issues/2010/jan/09\\_0002.htm](http://www.cdc.gov.pcd/issues/2010/jan/09_0002.htm).

Gustafson A, Khavjoy O., Sterns SC, Keyserling TC, Gizlice Z, Lindsley S, Bramble K, Garcia B, Johnston L, Will J, Poindexter P, Ammerman AS, **Samuel-Hodge CD**. Cost-effectiveness of a behavioral weight loss intervention for low-income women: the Weight-Wise Program. *Prev Med*. 2009;49(5):390-5.

**Samuel-Hodge CD**, Johnston LF, Gizlice Z, Garcia B, Lindsley S, Bramble K, Hardy T, Ammerman AS, Poindexter PA, Will JC, Keyserling TC. Randomized Trial of a Behavioral Weight Loss Intervention for Low-Income Women. *Obesity* 2009; 17(10):1891-9.

**Samuel-Hodge CD**, Keyserling TC, Park S, Johnston LF, Gizlice A, Bandiwala SI. A Randomized Trial of a Church-Based Diabetes Self-Management Program for African Americans with Type 2 Diabetes *Diabetes Educ* 2009;35(3):439-54..

- Keyserling TC, **Samuel-Hodge CD**, Jilcott SB, Johnston LF, Garcia BA, Gizlice Z, Gross MD, Saviñon CE, Bangdiwala SI, Will JC, Farris RP, Trost S, Ammerman AS. Randomized trial of a clinic-based, community-supported lifestyle intervention to improve physical activity and diet: the North Carolina enhanced WISEWOMAN project. *Prev Med*. 2008;46(6):499-510.
- Samuel-Hodge CD**, Watkins DC, Rowell KL, Hooten EG. Coping styles, well-being, and self-care behaviors among African Americans with type 2 diabetes. *Diabetes Educ*. 2008;34(3):501-10.
- Hollis JF, Gullion CM, Stevens VJ, Brantley PJ, Appel LJ, Ard JD, Champagne CM, Dalcin A, Erlinger TP, Funk K, Laferriere D, Lin PH, Loria CM, **Samuel-Hodge C**, Vollmer VM, Svetkey LP; Weight Loss Maintenance Trial Research Group. Weight loss during the intensive intervention phase of the weight-loss maintenance trial. *Am J Prev Med*. 2008;35(2):118-26.
- Svetkey LP, Stevens VJ, Brantley PJ, Appel LJ, Hollis JF, Loria C, Vollmer WM, Gullion CM, Funk K, Smith P, **Samuel-Hodge C**, Myers V, Lien LF, Laferriere D, Kennedy B, Jerome GJ, Heinith F, Harsha D, Evans P, Erlinger T, Dalcin AT, Coughlin J, Charleston J, Champagne CM, Bauck A, Ard JD, Aicher K for the Weight Loss Maintenance Collaborative Research Group. Comparison of Strategies for Sustaining Weight Loss: Main Results of the Weight Loss Maintenance Randomized Trial. *JAMA* 2008;299(10):1139-48
- Ard JD, Kumanyika S, Stevens VJ, Vollmer WM, **Samuel-Hodge C**, Kennedy B, Gayles D, Appel LJ, Brantley PJ, Champagne C, Charleston J, Svetkey LP. *Effect of Group Racial Composition on Weight Loss in African Americans*. *Obesity* 2008;16:306-10
- Stevens VJ, Funk KL, Brantley PJ, Erlinger TP, Myers VH, Champagne C, Bauck A, **Samuel-Hodge CD**, Hollis JF. *Design and implementation of an interactive website to support long-term behavior change*. *J Med Internet Res* 2008;10(1):e1 doi:[10.2196/jmir.931](https://doi.org/10.2196/jmir.931)
- Jilcott SB, Keyserling TC, **Samuel-Hodge CD**, Johnston LF, Gross MD, Ammerman AS. Validation of a brief dietary assessment to guide counseling for cardiovascular disease risk in an underserved population. *J Am Diet Assoc* 2007;107(2):246-55.
- Samuel-Hodge CD**, Hill-Briggs F, Gary TL. Lifestyle intervention for prevention and treatment of type 2 diabetes. *Nurs Clin N Am* 2006;41:567-588.
- Jilcott SB, Keyserling TC, **Samuel-Hodge CD**, Rosamond W, Garcia B, Will JC, Farris RP, Ammerman AS. Linking clinical care to community resources for cardiovascular disease prevention: The North Carolina enhanced WISEWOMAN Project. *J Women's Health* 2006;15(5):569-583
- Samuel-Hodge CD**, Keyserling TC, France R, Ingram AF, Johnston LF, Pullen-Davis L, Davis G, Cole AS. A church-based diabetes self-management education program for African Americans with type 2 diabetes. *Prev Chronic Dis* [serial online] 2006 Jul [cited July 1, 2006]. Available from: URL: <http://www.cdc.gov/pcd/issues/2006/jul/05-0085.htm>.
- Shiriki K.Kumanyika, Tiffany L. Gary, Kristie J. Lancaster, Carmen D. **Samuel-Hodge**, Joanne Banks-Wallace, Bettina M. Beech, Chanita Hughes-Halbert, Njeri Karanja, Angela M. Odoms-Young, T. Elaine Prewitt, Melicia C. Whitt-Glover. Achieving healthy weight in African American communities: Research recommendations of the African American Collaborative Obesity Research Network (AACORN). *Obesity Research* 2005;13:2037-2047
- Samuel-Hodge CD**, Skelly AH, Headen S, Carter-Edwards L. Familial roles of older African American women with type 2 diabetes: testing of a new multiple care-giving measure. *Ethn Dis* 2005;15:436-443
- Viswanathan M, Ammerman, A Eng E, Gartlehner G, Lohr KN, Griffith D, Rhodes S, **Samuel-Hodge C**, Maty S, Lux L, Webb L, Sutton SF, Swinson T, Jackman A, Whitener L. Community-based

participatory research: A summary of the evidence, RTI International-University of North Carolina Evidence-Based Practice Center, Contract No. 290-02-0016, 2004

Sanders CG, Aycock N, **Samuel-Hodge CD**, Garcia BA, Kelsey KS, Garner S, Ammerman AS: Extending the reach of public health nutrition: Training community practitioners in multilevel approaches. *J Women's Health* 2004;13:598-597

**Samuel-Hodge CD**, Fernandez LM, Henríquez-Roldán CF, Johnston LF, Keyserling TC. A comparison of self-reported energy intake with total energy expenditure estimated by accelerometer and BMR in African American women with type 2 diabetes. *Diabetes Care* 2004;27:663-669

**Samuel-Hodge CD**, DeVellis RF, Ammerman A, Keyserling TC, Elasy, TA. Reliability and validity of a measure of perceived diabetes and dietary competence in African American women with type 2 diabetes. *Diabetes Educator* 2002;28:979-988

Keyserling TC, **Samuel-Hodge CD**, Ammerman AS, Ainsworth BE, Henríquez-Roldán CF, Elasy TA, Skelly AH, Johnston LF, Bangdiwala S. A randomized trial of a diabetes management program for African American women with type 2 diabetes designed to improve moderate intensity physical activity and dietary behavior. *Diabetes Care* 2002;25:1576-1583

**Samuel-Hodge CD**, Headen S, Skelly AH, Ingram A, Keyserling TC, Jackson EJ, Ammerman AS, Elasy TA. Influences on day-to-day self-management of type 2 diabetes among African-American women: spirituality, the multi-caregiver role and other social context factors. *Diabetes Care* 2000; 23:928-933

Skelly AH, **Samuel-Hodge CD**, Elasy TA, Ammerman AS, Headen S, Keyserling T. Development and testing of culturally sensitive instruments for African American women with type 2 diabetes: A methodology. *Diabetes Educator* 2000; 26: 769-776

Elasy TA, **Samuel-Hodge CD**, DeVellis RF, Skelly AH, Ammerman AS, Keyserling TC. Development of a health status measure for older African American women with type 2 diabetes. *Diabetes Care* 2000;23: 325-329

Keyserling TC, Ammerman AS, **Samuel-Hodge CD**, Ingram AF, Skelly AH, Elasy TA, Johnston LF, Cole A, Henriquez CF. A diabetes management program for African American women with type 2 diabetes. *Diabetes Educator* 2000;26:796-805

### Published Abstracts: Peer-reviewed

Gustafson A, **Samuel-Hodge C**, Khavjou O, Keyserling T, Lindsley S, Garcia B, et al. Cost-Effectiveness of a WISEWOMAN Behavioral Weight Loss Intervention for Low-Income Women: The Weight-Wise Program. *Obesity* 2008 Oct;16 (Suppl 1):S159.

Funk K, Stevens V, Brantley P, Myers, Bauck A, Hollis J, Champagne C, Vollmer W, Dalcin A, **Samuel-Hodge C**, Svetkey L, Lien L, Jerome G, Coughlin J, Kennedy B, Appel L. Website Use and Predictors of Weight Change in the Interactive Technology Intervention of the Weight Loss Maintenance Trial. *Obesity* 2008 Oct;16 (Suppl 1):S232.

**Samuel-Hodge C**, Gizlice Z, Johnston L, Garcia B, Gustafson A, Keyserling T. Weight Loss Maintenance among Low-Income, Midlife Women. *Obesity* 2008 Oct;16 (Suppl 1):S308.

Brantley P, Myers V, Stevens V, Funk K, Champagne C, Kennedy B, **Samuel-Hodge C**, Jerome G, Coughlin J, Barbera B, Hollis J. Predictors of Weight Change among Participants in the Personal Contact Intervention of the Weight Loss Maintenance Trial. *Obesity* 2008 Oct;16 (Suppl 1):S304.

- Gustafson A, **Samuel-Hodge C**, Lindsley, S, Bramble K, Garcia B, Johnston L, Hardy T, Keyserling T, Ziya Gizlice, Will J, Khavjou O, Ammerman A. Cost-effectiveness of a WISEWOMAN behavioral weight loss intervention for low-income women: the Weight-Wise Program. *American Journal of Public Health*. 2008.
- Alison Gustafson, **Carmen Samuel-Hodge**, Tom Keyserling, Beverly Garcia, Sara Lindsley, Kathy Bramble, Larry Johnston, Ziya Gizlice, Alice Ammerman. Poor Sleep Quality and Night-Time Eating Among Midlife Low-Income Women in a Weight Management Intervention Study. *Obesity 2007 Suppl*.
- Victor Stevens, Kristine L Funk, Phillip J Brantley, Thomas P Erlinger, Valerie H Myers, Catherine Champagne, Alan Bauck; **Carmen D Samuel-Hodge**, Jack F Hollis, for the Weight Loss Maintenance Collaborative Research Group. *Participant use of a weight loss maintenance web site over 2 1/2 years. Obesity 2007 Suppl*.
- Myers V, Brantley P, Coughlin J, Funk K, Hollis J, Jerome G, **Samuel-Hodge C**, Stevens V, Svetkey L, Gullion C. Predictors of Change in Diet and Physical Activity during the Weight Loss Phase of the Weight Loss Maintenance Trial. *Obesity 2007 Suppl*.
- Samuel-Hodge CD**, Lindsley SC, Bramble KP, Garcia BA, Johnston, L, Hardy, T, Gizlice, Z, Keyserling, TC, Ammerman, AS, Edwards, T, Gustafson, A, Poindexter, P. Weight-Wise: A weight loss program for low-income women in the North Carolina WISEWOMAN program. *APHA 2007 Suppl*.
- Zuercher JL, **Samuel-Hodge CD**, Bulik CM, Campbell MK. Hurdles to health: Challenges facing young women living in two rural eastern North Carolina counties. *Ann Behav Med 2008 Suppl*.
- Samuel-Hodge CD**, Lindsley SC, Bramble KP, Garcia BA, Johnston, L, Hardy, T, Gizlice, Z, Keyserling, TC, Ammerman, AS, Edwards, T, Gustafson, A, Poindexter, P. Weight-Wise: A weight loss program for low-income women in the North Carolina WISEWOMAN program. *Am Public Health Assoc 2007 Suppl*.
- Samuel-Hodge CD**, Keyserling TC. Health-related quality of life outcomes in African Americans with type 2 diabetes. *Diabetes 2006; 55(Suppl 1):A429*.
- Samuel-Hodge CD**, Svetkey LP. Family functioning and weight loss behavior in a bi-ethnic population. *Ann Behav Med 2005;29 (Suppl):S209*. (Citation Paper)
- Brantley PJ, Appel AJ, Coughlin J, Elmer PJ, Heinberg L, Kennedy BM, Myers VH, **Samuel-Hodge C**, Stevens VJ. Psychosocial predictors of weight loss in the Premier trial. *Ann Behav Med 2005;29 (Suppl):S163*.
- Samuel-Hodge CD**, Keyserling TC. Social contact/strong ties and social support among African Americans with type 2 diabetes. *Diabetes 2004;53 (Suppl 2):A91*
- Samuel-Hodge CD**, Keyserling TC, Ammerman AS. A randomized controlled trial of a church-based intervention to improve diabetes self-care behaviors. *Diabetes 2004, 53 (Suppl 2):A435-436*
- Samuel-Hodge CD**, Skelly AH, Keyserling TC, Ammerman AS. The multi-caregiver role in African American women with type 2 diabetes: Development and testing of a new measure. *Diabetes 2002; 51 (Suppl 2): A440*
- Pullen L, **Samuel-Hodge C**, Ammerman A, Keyserling T. Recruitment for diabetes research in African-American churches. *Diabetes 2002, 51 (Suppl 2): A528*
- Johnston LF, Keyserling TC, **Samuel-Hodge CD**, Ammerman AS. Daily physical activity in a church-based sample of African Americans with type 2 diabetes. *Diabetes 2002, 51 (Suppl 2): A248*



Keyserling TC, Ammerman AS, **Samuel-Hodge CD**, Johnston LF. A randomized trial to improve physical activity behaviors of African American women with type 2 diabetes: 18 Month follow-up. *Diabetes* 2002, 51 (Suppl 2):A249

**Samuel-Hodge CD**, Keyserling TC, Johnston LF, Ammerman AS. Self-reported dietary intake of African American women with type 2 diabetes: What's reported and how much under-reporting is there? *Diabetes* 2001, 50 (Suppl 2):A21

Keyserling TC, Ammerman AS, Ainsworth BE, **Samuel-Hodge CD**, Johnston LF. A randomized trial to improve physical activity behaviors of African American women with type 2 diabetes. *Diabetes* 2001, 50 (Suppl 2):A223

**Samuel-Hodge C**, Ammerman A, Keyserling T. Psychosocial factors associated with dietary self-management among African-American women with type 2 diabetes. *Diabetes* 2000, 49 (Suppl 1): A321

**Samuel-Hodge C**, Ammerman A, DeVellis R, Keyserling T. Psychometric properties of a measure of perceived diabetes competence in African-American women with type 2 diabetes. *Diabetes* 2000, 49 (Suppl 1): A323

Keyserling T, Ammerman A, Ainsworth, B, **Samuel-Hodge C**. A randomized trial to improve self-care behaviors of African-American women with type 2 diabetes: Impact on physical activity. *Diabetes* 2000, 49 (Suppl 1): A194

Keyserling T, **Samuel-Hodge C**, Ammerman A. A randomized trial of an innovative program to improve self-care behaviors of African-American women with type 2 diabetes: Impact on diabetes knowledge. *Diabetes* 2000, 49 (Suppl 1): A17

**Samuel-Hodge C**, Keyserling T, Ammerman A, Skelly A, Ingram A. Diabetes knowledge, perceived health competence, and life stress among African-American women with type 2 diabetes. *Diabetes* 1998; 47 (Suppl 1): A324

Elasz T, **Samuel-Hodge C**, Skelly A, Keyserling T, Ammerman A. Development of a health-related quality of life measure in older African American women with type 2 diabetes. *Diabetes* 1998; 47 (Suppl 1): A324

**Samuel-Hodge C**, Ammerman A, Skelly A, Headen S. Diabetes-related attitudes, beliefs, and barriers to dietary adherence among African Americans with NIDDM. *Diabetes* 1997;46 (Suppl 1): A376

Skelly AH, **Samuel-Hodge C**, Headen SW, Ammerman AS, Keyserling T. Focus Groups in African American Women with NIDDM: Concept Validation and Cultural Translation of Study Instruments. *Annals of Behavioral Medicine* 1997; 19:S138

Skelly A, **Samuel-Hodge C**, Headen S, Ammerman A, Keyserling T. Life stress and the multi-caregiver role in African-American women with NIDDM: Influences on self-care practices. *Diabetes* 1997; 46 (Suppl 1):376A

Kelsey K, Campbell M, Lovelady C, **Samuel-Hodge C**, Campbell AB, Ammerman A. The Adolescent Health and Fitness Project - STEP UP. *American Public Health Association Annual Meeting & Exposition*, 1996; 430

### **Invited Presentations/Lectures/Interviews:**

*Managing Diabetes One Day at a Time.* Project DIRECT & Strengthening The Black Family, Inc.: A Day with Diabetes Seminar – Keynote. Raleigh, NC, November 13, 2010

*Family Diabetes Matters.* University of Alabama Birmingham, Diabetes Training and Education Center, Birmingham, AL, April 15, 2010

*Marriage and Obesity in the African American Community.* African American Healthy Marriage Institute, Chapel Hill, NC, June 18, 2009

*Applying Stages of Change to Lifestyle Interventions.* WISEWOMAN Program - Lifestyle Intervention Training. Atlanta, GA, May 6, 2009

*Deciphering the Stages of Behavior Change.* Annual WIC Conference, Raleigh, NC, October 29, 2008

*Engaging Communities in Health Promotion.* UNC Center of Excellence in Training and Research Translation, Obesity Prevention in Public Health Course Chapel Hill, NC, August 26, 2008

*Lifestyle Interventions in Adults and Families.* NIDDK – Diabetes and Obesity Disparities in Healthcare Systems, NIH Campus, Bethesda, MD. July 1, 2008

*As Sweet as Sugar – Diabetes and Marriage.* African American Healthy Marriage Institute, Chapel Hill, NC, June 17, 2008

*Is Your Community Making You Heavy?* Forsyth County Health Summit. Winston-Salem, NC, January 15, 2008.

*Diabetes and Metabolic Syndrome.* NUTR 240 lecture, UNC Department of Nutrition, Chapel-Hill, NC, November 14, 2007

*A New DAWN.* Vanderbilt University Diabetes Health Disparities Conference. Nashville, TN, November 12, 2007

Interview: Research Supplements to Promote Diversity in Health-Related Research – Investigator profiles. NHLBI Special Report, 2007

*Food and Culture: Are You What You Eat?* NC WIC Annual Conference, Raleigh, NC, September 13, 2007

*Effective Weight Management in Low Income, Midlife Women.* Women's Health Day Research, Chapel Hill, NC, April 4, 2007

*Social and Familial Influences on Chronic Disease Management among African Americans.* Cornell University, Division of Nutritional Sciences, Ithaca, NY, April 2, 2007

*Causes, Consequences, and Management of Diabetes:* Duke University, African American Health Improvement Partnership Project, Durham, NC, March 15, 2007

*Strategies for Improving Patient Compliance --* Expert Panel Meeting on Glycemic Control in Minorities. National Minority Health Foundation, Palm Beach FL, March 3, 2007

*Causes, Consequences, and Management of Diabetes:* Duke University, African American Health Improvement Partnership Project, Durham, NC, February 27, 2007

WISEWOMAN Partner Training – Using the New Leaf Choices for Healthy Living Curriculum and Principles of Behavior Change to Improve Community Health, Mobile, AL December 8, 2007 (1.5 day Workshop)

Interview – Weight Loss Strategies, Essence Magazine, December 2006

WISEWOMAN Partner Training – Using the New Leaf Choices for Healthy Living Curriculum and Principles of Behavior Change to Improve Community Health, Mobile, AL October 20, 2006 (1.5 day Workshop)

Nutrition and Public Health Course for Community Practitioners. Chapel Hill, NC, August 20-24, 2006 (3 lectures: Community Assessment, Practicum Orientation, Lay Health Approaches to Culturally Sensitive Interventions)

*A Heavy Matter Weighing On Your Health* – Obesity Workshop. Nazareth Lutheran Church Womens' Group, St. John, VI, June 24-25, 2006

*Talking about Weight.* National Institute of Environmental Health Sciences, Black History Month Observance. Raleigh, NC. February 14, 2006

*The Weight-Wise Program.* Division of Heart Disease and Stroke Prevention and the WISEWOMAN Program. Newport Beach, CA, November 17-18, 2005

*Engaging Communities in Lifestyle Changes Using the Dietary Guidelines and the IOM Report.* Association of State and Public Health Nutrition Directors (ASTPHND) Meeting, Charleston, SC, June 14, 2005.

Interview – *Diet, fat deposits, and gastrointestinal function.* Essence Magazine, February 16, 2005

*Community-based Diabetes Self-management Training: A North Carolina Story.* Carolina Community Health Scholars Program, Chapel Hill, NC, September 20, 2004.

*Focus Group Methodology.* Lecture in Social and Behavioral Research Methods (graduate-level course). Texas A & M University, School of Rural Public Health, College Station, TX, September 16, 2004

*Living with Type 2 Diabetes – A Colored Perspective.* University of Missouri Extension, Columbia, MO, May 19-20, 2004

National Heart Lung & Blood Institute “*Public Health in Public Housing: Improving Health, Changing Lives – A Strategy Development Workshop.* Bethesda, MD, May 5-6, 2004

Close Relationships and Social Support – What Do They Tell us About Diabetes Self-management?: UNC School of Medicine Minority Scholars' Day, April 23, 2004

Interview for online article: “Self-reported food intake may thwart research”. Reuters Health, New York, NY, March 22, 2004

*Diabetes in Minorities,* Guest Lecturer, MEDI 608 – Multidisciplinary Perspectives in Managing Diabetes: University of North Carolina at Chapel Hill, School of Nursing, March 3, 2004

*In Living Color – Populations of Color Living with Type 2 Diabetes:* 31<sup>st</sup> Annual Texas Human Nutrition Conference – Old Questions, New Hope: Type 2 Diabetes Prevention and Control. Texas A&M University, College Station, TX, February 6, 2004

*Fresh Fruits, Vegetables and Low Fat Dairy: The DASH diet.* Taking Control of Your Diabetes (TCOYD), Raleigh, NC, October 11, 2003

*NHLBI Think Tank on Enhancing Obesity Research*, [Invited Participant] Bethesda, MD, March 23-24, 2003 [Think Tank on Enhancing Obesity Research at the National Heart, Lung, and Blood Institute, Executive Summary, January 2004]

A New DAWN (Diabetes Awareness and Wellness Network) Reunion. Guest Speaker. St Augusta Missionary Baptist Church, Fuquay Varina, NC, March 13, 2003

*Outcomes of Obesity: Type 2 Diabetes in Youth*, 1<sup>st</sup> VI WIC Conference on Childhood Obesity, St. Thomas, Virgin Islands, June 18-20, 2003

*Familial Role of Older Women with Type 2 Diabetes*, Ethnicity culture, Race and Aging Research Seminar, UNC-CH, February 27, 2003

*Survey Design and Cultural Adaptation*. Guest Lecturer, Nutrition 350: University of North Carolina at Chapel Hill, Department of Nutrition, April 5, 2002

*A randomized trial of a program to improve self-care behaviors of African American women with type 2 diabetes: Impact on diabetes knowledge*. 15<sup>th</sup> National Conference on Chronic Disease Prevention and Control. Washington, DC, November 29, 2000

*Improving the Delivery of Diabetes Care to Women in Minority Groups*: Community Prevention Research in Women's Health Conference, National Institutes of Health, Bethesda, MD. October 26, 2000

*Nutrition Education*: Module II -- Anticipatory Guidance. Pediatric Nutrition Course, Raleigh, NC. March, 2000

*Diabetes and Public Health Nutrition: Shedding New Light on an Old Problem*. 22<sup>nd</sup> Annual Minority Health Conference: UNC- Chapel Hill, School of Public Health, Chapel Hill, NC. February 18, 2000

*Improving the Delivery of Diabetes Care to Women in Minority Groups*. NHLBI/NIH Women's Health Initiative Community Prevention Study – Community Prevention Research in Women's Health Conference. Atlanta, GA, February 2, 2000

*Understanding Community Needs: Focus Group Data Collection*. Guest Lecturer, Nutrition 250: University of North Carolina at Chapel Hill, Department of Nutrition, Fall Semesters, 1995 – 2000

*Panel Discussion: MD/Patient Issues (Diabetes)*. Partners in Managing the Health of the Community: Fall Institute, Chapel Hill, NC. September 25, 1999

*Nutrition Education*: Module II -- Anticipatory Guidance. Pediatric Nutrition Course, Raleigh, NC. June 9, 1999

*Role of Genetics in Obesity*: NC Department of Health and Human Services, Greensboro, NC. April 26, 1999

*Improving the Delivery of Diabetes Care to Women in Minority Groups*: NIH Women's Health Initiative, CDC Community Prevention Study, Special Interest Projects (SIP) Network Session, Atlanta, GA. February 2, 1999

*Assets-based Nutrition Education*. Durham County Health Department, Department of Nutrition Services, Durham, N.C. January 20, 1999

*Community Assessment: Module IV -- Community Nutrition, Pediatric Nutrition Course, Winston-Salem, NC. March 1998*

*Inappropriate Changes in Weight and Linear Growth: Module III -- Common Problems in Nutrition Management. Pediatric Nutrition Course, Winston-Salem, NC. January 26, 1998*

*Healthy Holiday Cooking. Chatham County Health Department, Siler City, NC. December 8 & 15, 1997*

*Low-fat, Low Sodium Cooking. Chatham County Health Department, Siler City, NC. October 6 & 13, 1997*

*Nutrition Education: Module II -- Anticipatory Guidance. Pediatric Nutrition Course, Winston-Salem, NC. September 23-24, 1997*

*Diet and Hypertension. St. Joseph's AME Church, Durham, NC. June 28, 1997*

*Diet and Hypertension. Emmanuel AME Church, Durham, NC. June 21, 1997*

*Diabetes Care for African Americans --Perceived Educational Needs and Barriers to Dietary Adherence. 18th Annual Minority Health Conference, University of North Carolina, Chapel Hill, NC, February, 1996.*

*Cultural Diversity: What is Your Role? 1996 North Carolina WIC Conference, Raleigh, NC, October, 1996.*

*Nurturing the Person -- Counseling Around Culture. Women's Health Nutrition Update, Winston-Salem, NC, June 1995.*

*Overcoming the Barriers to Good Nutrition. Panel Discussion; Nutrition and Immunity: Nutritional Approaches to HIV and AIDS, Chapel Hill, NC, September, 1994.*

*Diabetes Update. 14th Annual Training Conference for Public Health Nutritionists, Black Mountain, NC, May 1994.*

*African American Adolescents' Perceptions of Weight. Pulling It Together: Meeting the Nutritional Needs of Children and Adolescents, Winston-Salem, NC, January, 1994.*

### **Poster/Oral Presentations at Professional Meetings**

Batch BC, Ard JD, Stevens VJ, Funk K, Appel LJ, Clark J, Vollmer WM, Samuel-Hodge C, Svetkey LP. Impact of participant and interventionist race concordance on weight loss. American Heart Association Joint Conference – Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention 2011 Scientific Sessions, Atlanta, GA. March 2011 (Poster presentation)

J.L. Kraschnewski JL, Keyserling TC, Bangdiwala SI, Gizlice Z, Garcia B, Johnston L, Gustafson A, Petrovic L, Glasgow LR, Samuel-Hodge C. Optimized probability sampling of study sites: an approach to improving generalizability in a type 2 translational study of an intensive behavioral weight loss intervention. Society of General Internal Medicine, Miami, FL. May 2009 (Poster presentation)

Gustafson A, Samuel-Hodge C, Khavjou O, Keyserling T, Lindsley S, Garcia B, et al. Cost-Effectiveness of a WISEWOMAN Behavioral Weight Loss Intervention for Low-Income Women: The Weight-Wise Program. The Obesity Society Annual Scientific Meeting, Phoenix, AZ. October 2008. (Oral presentation)

- Funk K, Stevens V, Brantley P, Myers, Bauck A, Hollis J, Champagne C, Vollmer W, Dalcin A, Samuel-Hodge C, Svetkey L, Lien L, Jerome G, Coughlin J, Kennedy B, Appel L. Website Use and Predictors of Weight Change in the Interactive Technology Intervention of the Weight Loss Maintenance Trial. The Obesity Society Annual Scientific Meeting, Phoenix, AZ. October 2008. (Poster presentation)
- Samuel-Hodge C, Gizlice Z, Johnston L, Garcia B, Gustafson A, Keyserling T. Weight Loss Maintenance among Low-Income, Midlife Women. The Obesity Society Annual Scientific Meeting, Phoenix, AZ. October 2008. (Poster presentation)
- Brantley P, Myers V, Stevens V, Funk K, Champagne C, Kennedy B, Samuel-Hodge C, Jerome G, Coughlin J, Barbera B, Hollis J. Predictors of Weight Change among Participants in the Personal Contact Intervention of the Weight Loss Maintenance Trial. The Obesity Society Annual Scientific Meeting, Phoenix, AZ. October 2008. (Oral presentation)
- Gustafson A, Samuel-Hodge C, Lindsley, S, Bramble K, Garcia B, Johnston L, Hardy T, Keyserling T, Ziya Gizlice, Will J, Khavjou O, Ammerman A. Cost-effectiveness of a WISEWOMAN behavioral weight loss intervention for low-income women: the Weight-Wise Program. American Public Health Association 136<sup>th</sup> Annual Meeting. June 2008. (Oral Presentation)
- Weight-Wise: A weight loss program for low-income women in the North Carolina WISEWOMAN Program*, American Public Health Association, 135<sup>th</sup> Annual Meeting, Washington, DC November 2007 (Oral Presentation)
- Health-related quality of life outcomes in African Americans with type 2 diabetes*. American Diabetes Association, 6<sup>th</sup> Annual Scientific Sessions, Washington, DC June 2006 (Poster Presentation)
- Effective weight management in low income women*. Therapeutic Patient Education Conference, Florence, Italy, April 2006 (Poster Presentation with Discussion)
- Assessing diet quality with a brief dietary assessment tool*. American Society of Preventive Oncology, 30<sup>th</sup> Annual Meeting, Bethesda, MD, February 2006 (Poster Presentation)
- Family functioning and weight loss behavior in a bi-ethnic population*. Society of Behavioral Medicine, 26<sup>th</sup> Annual Meeting, Boston, MA, April 2005 (Citation Paper Presentation)
- Social contact/strong ties and social support among African Americans with type 2 diabetes*. American Diabetes Association, 64<sup>th</sup> Annual Scientific Sessions, Orlando, FL, June 2004 (Poster presentation)
- A randomized controlled trial of a church-based intervention to improve diabetes self-care behaviors*. American Diabetes Association, 64<sup>th</sup> Annual Scientific Sessions, Orlando, FL, June 2004 (Poster presentation with oral discussion)
- The multi-caregiver role in African American women with Type 2 diabetes: Development and testing of a new measure*. American Diabetes Association, 62<sup>nd</sup> Annual Scientific Session, San Francisco, CA. June, 2002 (poster presentation)
- Self-reported dietary intake of African American women with type 2 diabetes: What's reported and how much under-reporting is there?* American Diabetes Association, 61st Annual Scientific Session, Philadelphia, PA. June 2001 (oral presentation)
- Psychosocial factors associated with dietary self-management among African American women with type 2 diabetes*. American Diabetes Association, 60<sup>th</sup> Annual Scientific Session, San Antonio, TX. June 2000 (poster presentation)

*Psychometric properties of a measure of perceived diabetes competence in African American women with type 2 diabetes.* American Diabetes Association, 60<sup>th</sup> Annual Scientific Session, San Antonio, TX. June 2000 (poster presentation)

*Diabetes knowledge, perceived health competence, and life stress among African-American women with type 2 diabetes.* American Diabetes Association, 58<sup>th</sup> Annual Scientific Session, Chicago, IL. June 1998 (poster and oral presentation)

*Focus groups in African American women with NIDDM: Validation and cultural translation of study instruments.* Society of Behavioral Medicine, Eighteenth Annual Scientific Session, San Francisco, CA. April, 1997. (poster presentation)

*Focus groups in African American women with NIDDM: Validation and cultural translation of study instruments.* 6<sup>th</sup> Annual Primary Care Research Conference, University of North Carolina Institute of Generalist Physicians, Chapel Hill, NC. March 1997 (poster presentation)

### Selected Articles (3)

#### Teaching Activities (past 7 years)

**University of North Carolina, Department of Nutrition**, Chapel Hill, NC 2004 - present  
Instructor, NUTR 720 Public Health Nutrition Management I (5-cr. course)

#### Contracts & Grants

National Institutes of Diabetes, Digestive & Kidney Diseases (NIDDK), K01 2007 – 2012  
Mentored Research Scientist Award: *Family-Based Diabetes Self-Management Training for African Americans Adults*. [Principal Investigator; 5 years]

Description: Overall goal is to evaluate, in a randomized controlled trial, the effectiveness of a family-based diabetes self-management intervention for overweight/obese African American adults with type 2 diabetes (each enrolled with an overweight family member). Primary outcome = change in weight.

Centers for Disease Control and Prevention, RFA-CD-07-005, Improving 2007-2010  
Public Health Practice through Translation Research (R18): *Intensive Behavioral Weight Management in Public Health Settings*. [Principal Investigator; 3 years]

Description: The overall goal of the proposed research is to evaluate the processes and outcomes of translating from research to practice an intense, *evidence-based* behavioral weight loss intervention with demonstrated effectiveness among midlife low-income women.

UNC Program on Ethnicity, Culture and Health Outcomes (ECHO), Pilot 2007 – 2008  
Award Program: *Table Talk: An intergenerational conversation about diet, physical activity and weight among African American Females*. [Principal Investigator; 1 year]

Description: A qualitative study to inform the design of an obesity intervention that utilizes storytelling as a strategy to promote behavior change among African American females.

K07 Award Grant, UNC Institute on Aging (NIA): A Structured Program of 2004 – 2006

- Meal-Related Blood Glucose Self-Monitoring. [Principal Investigator (pilot); 1 year]  
Description: The objectives of this pilot are to: (1) Investigate the short term effects of a program with structured pre- and post-prandial self-monitoring of blood glucose (SMBG) on glycemic and lipid control in older non-insulin-treated African American patients with type 2 diabetes; and (2) assess the program's acceptability and impact on weight status, perceptions of general well-being and diabetes self-care competence.
- Minority Supplement (MIRS) to Weight Loss Maintenance Trial (NHLBI), Duke University Hypertension Center: An evaluation of family context variables associated with weight loss and weight loss maintenance. [Principal Investigator; 3.5 years; \$298,914] 2003-2007  
Description: Objectives: (1) to describe the relationship between family context variables, weight loss and weight loss maintenance behaviors; and (2) to evaluate the role of ethnic/cultural and gender differences in the relationships between family context variables, weight loss and weight loss maintenance.
- Project EXPORT (P60), Sheps Center for Health Services Research, UNC-CH: A randomized trial of the effects of a high monounsaturated fat diet on cardiovascular risk factors in African American women with type 2 diabetes. [Principal Investigator; 1.3 years; \$33,378] 2002- 2004  
Description: A pilot study using a randomized crossover design to assess the acceptability and monitor the metabolic effects (lipid and glycemic) of a high monounsaturated fat diet and a high carbohydrate low fat diet, in a sample of free-living African American women with type 2 diabetes.
- Minority Health Research and Education Center, UNC-CH: *Development and testing of instruments measuring psychosocial factors in diabetes self-care among African-American women with NIDDM.* [Principal Investigator; 1-1/2 years; \$6,750] 1997-1999  
Description: Development of a measure of perceived diabetes care competence and personal control, which was administered to a community sample (n = 249) of African American women with type 2 diabetes. Testing involved a determination of the measure's internal structure and reliability (internal consistency).
- Minority Health Research and Education Center, UNC-CH, Department of Nutrition: *Diabetes Care for African Americans --Perceived education needs and barriers to dietary adherence.* [Principal Investigator; 1 year; \$1,722] 1994-1995  
Description: Qualitative research using focus group methodology to evaluate the perceived barriers to dietary adherence and educational needs of African Americans with type 2 diabetes, receiving care at community health centers.

## Service

UNC Public Health Nursing IRB, Member  
UNC NRSA Primary Care Research Fellowship, Research Faculty  
UNC Nutrition Department, BSPH Committee  
Orange County Diabetes Task Force  
American Journal of Health Promotion, Reviewer  
Journal of Nutrition for the Elderly, Editorial Board



## Practice

<b>Virgin Islands Department of Health</b> , St. Thomas, VI WIC Nutrition Education Coordinator	1988 - 1992
<b>Virgin Islands Department of Health</b> , St. Thomas, VI Public Health Nutritionist	1984 - 1987

## Major Research/Professional Interests

- Development and validation of psychosocial measurement instruments
- Self-management education interventions for type 2 diabetes
- Behavioral weight management interventions
- Community-based diabetes research using lay advisors/peer counselors
- Chronic disease risk reduction in minority and under-served populations through diet and physical activity interventions
- Community-based health promotion
- Health promotion interventions for populations with limited literacy skills
- Family context variables and chronic disease management
- Behavioral weight management interventions