

## **DEBORAH F. TATE, PH.D**

University of North Carolina  
Gillings School of Global Public Health  
Department of Health Behavior  
Department of Nutrition  
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### **EDUCATION**

- Postdoctoral Fellowship **Brown University/Miriam Hospital** (1999-2000)  
American Diabetes Association Mentor-based Fellowship with Rena R. Wing, Ph.D.
- Ph.D. **Virginia Tech** (1999), Blacksburg, Virginia  
Psychology (Clinical – APA Approved Training Program)  
Mentor: Richard Winett, Ph.D.  
Pre-doctoral Internship – Brown University Clinical Psychology Training Consortium (1997-98)
- M.S. **Virginia Tech** (1995), Blacksburg, Virginia  
Psychology
- B.A. **The College of William and Mary** (1989), Williamsburg, Virginia  
English

### **PROFESSIONAL EXPERIENCE**

- 2024 – present **Interim Director**  
UNC Nutrition Research Institute
- 2012 – present **Director**  
Connected Health Applications and Interventions Core (CHAI)  
Core resource funded by NIDDK -Nutrition Obesity Research Center (P30 DK056350) and NCI – Lineberger Cancer Center Core Grant (P30 CA16086)
- 2015 – present **Professor, (with tenure)**  
Department of Nutrition  
Department of Health Behavior and Health Education  
Gillings School of Global Public Health and School of Medicine  
University of North Carolina, Chapel Hill, North Carolina
- 2010 – 2015 **Associate Professor, (with tenure)**  
Department of Health Behavior and Health Education  
Department of Nutrition  
Gillings School of Global Public Health and School of Medicine

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University of North Carolina, Chapel Hill, North Carolina

2004 – 2010     **Assistant Professor**, Department of Health Behavior and Health Education  
Department of Nutrition  
Gillings School of Global Public Health and School of Medicine  
University of North Carolina, Chapel Hill, North Carolina

2004 – 2007     **Adjunct Assistant Professor**  
Department of Psychiatry and Human Behavior  
Brown Medical School, Providence, Rhode Island

2000–2004     **Assistant Professor (Research)**  
Department of Psychiatry and Human Behavior  
Weight Control and Diabetes Research Center  
Brown Medical School, Providence, Rhode Island

2000-2004     **Staff Psychologist**  
Miriam Hospital, Providence, RI

1999 – 2000     **Post-doctoral Fellow**  
Centers for Behavioral and Preventive Medicine  
Weight Control and Diabetes Research Center  
Department of Psychiatry and Human Behavior  
Brown University and Miriam Hospital  
Providence, Rhode Island

1997-1998     **Psychology Internship**  
Brown University Clinical Psychology Training Consortium  
Dept. of Psychiatry and Human Behavior  
Providence, Rhode Island

1995             **Psychology Externship**  
Veterans Affairs Medical Center  
Salem, Virginia

## HONORS

2018     **The George A. Bray Founders Award**, The Obesity Society  
2016     **Pioneer Award**, The Obesity Society, eHealth/mHealth Section  
2009     **Delta Omega**, Theta Chapter, National Public Health Honor Society  
2005     **Early Career Honorary Recognition Award** – Society of Behavioral Medicine  
1999     **Psychology Postdoctoral Fellow Research Award** - Brown School of Medicine  
1994     **Graduate Research Development Award** - Masters Thesis  
1993     **Phi Kappa Phi** National Honor Society

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## MEMBERSHIPS

The Obesity Society (TOS)

Society of Behavioral Medicine (SBM)

International Society for Behavioral Nutrition and Physical Activity (ISBNPA)

International Society for Research on Internet Interventions (ISRII)

## PUBLICATIONS

### Books and Chapters [\*\* indicates first author trainee at the time work completed]

1. \*\*Martinez, C. & **Tate, DF** (2024) Use of Technology in Weight Management. In Academy of Nutrition and Dietetics *Health Professionals Guide to Weight Management for Adults*.
2. **Tate, DF**, Nezami, BT, & Valle, C (2018) Remotely Delivered Interventions for Obesity. In Wadden, TA & Bray, G. *Handbook of Obesity Treatment, 2<sup>nd</sup> Edition*, New York, NY: Guilford Press
3. **Tate, DF** (2017) Using Digital Media to Address Obesity In Brownell, KD & Walsh, T. (eds). *Eating Disorders and Obesity: A Comprehensive Handbook, 3<sup>rd</sup> Edition*, New York, NY: Guilford Press
4. \*\*Valle C & **Tate DF**. (2015) Technology-based Interventions to Promote Diet, Exercise and Weight Control. In Marsch L, Lord S, & Dallery J (eds) *Leveraging Technology to Transform Behavioral Healthcare*. New York, NY: Oxford University Press, pp. 113-138.
5. Wing RR, Gorin A, **Tate DF**. (2012) Strategies for Changing Eating and Exercise Behavior to Promote Weight Loss and Maintenance. In JW Erdman, IA Macdonald and SH Zeisel (eds) *Present Knowledge in Nutrition 10<sup>th</sup> Edition*. Wiley-Blackwell, Oxford, UK, pp. 1057-1070.
6. **Tate DF**. (2008) Technological innovations with application to the prevention and treatment of overweight in children and adolescents. In Jelalian E & Steele RG (eds) *Handbook of Child and Adolescent Obesity*. New York, NY: Springer Publishing, pp. 387-404.
7. Winett RA, **Tate DF**, Anderson ES, Wojcik JR, Winett SG. (2007) Preventing weight gain with internet programs. In PA Watkins & GA Clum (eds) *Handbook of Self Help Therapies*. Mahwah, NJ: Lawrence Erlbaum. pp 325-354.
8. Wing RR, Gorin A, **Tate DF**. (2006) Strategies for Changing Eating and Exercise Behavior. In Robert M. Russell and Barbara Bowman (eds) *Present Knowledge in Nutrition 9<sup>th</sup> Edition*, Washington, DC, International Life Sciences Institute, pp. 822-837.

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9. Wing RR & **Tate DF**. (2003) Behavioral Treatment of Obesity, In Jose Caro (Ed.) *Obesity and Nutrition* Endotext.org (13 pages).
  10. Wing RR, Gorin A, **Tate DF**. (2001). Changing behavior for a healthier lifestyle. In Robert M. Russell and Barbara Bowman (eds) *Present Knowledge in Nutrition 8<sup>th</sup> Edition*, Washington, DC, International Life Sciences Institute, pp. 650-661.
  11. Marcus BH, Clark MM, Bock BC, Pinto BM, **Tate DF**. (1999). Promoting Adoption and Maintenance of Physical Activity and Dietary Behavior Change. In Maria Fiatarone Singh (ed.) *Exercise, Nutrition and the Older Woman: Wellness for Women Over 50*, CRC Press, New York, NY, pp. 545-560.

Refereed Papers [\*\* indicates first author trainee at the time study completed]

1. \*\*Coffman EM, Smitherman AB, Willis EA, Ward DS, Tate DF, Valle CG. Frailty and comorbidities among young adult cancer survivors enrolled in an mHealth physical activity intervention trial. *J Cancer Surviv*. 2023 Aug 23. doi: 10.1007/s11764-023-01448-4. Epub ahead of print. PMID: 37610479.
2. Goode RW, Bardone-Cone A, Wilhoit-Reeves S, Williams L, Malian H, Coan D, Noem T, **Tate DF**. Creating an appetite awareness and lifestyle modification intervention for Black women at risk for binge eating disorder: A pilot open trial. *Clin Obes*. 2023 Jul 27:e12613. doi: 10.1111/cob.12613. Epub ahead of print. PMID: 37501401.
3. \*\*Coffman EM, Smitherman AB, Willis EA, Ward DS, **Tate DF**, Valle CG. Frailty and Comorbidities Among Young Adult Cancer Survivors Enrolled in an mHealth Physical Activity Intervention Trial. *Res Sq [Preprint]*. 2023 Jun 28:rs.3.rs-3111745. doi: 10.21203/rs.3.rs-3111745/v1. PMID: 37461600; PMCID: PMC10350202.
4. Willis EA, Burney R, Hales D, Ilugbusi LO, **Tate DF**, Nezami B, Clarke EC, Moore RH, Mathews E, Thompson M, Beckelheimer B, Ward DS. "My wellbeing-their wellbeing" - An eHealth intervention for managing obesity in early care and education: Protocol for the Go NAPSACC Cares cluster randomized control trial. *PLoS One*. 2023 Jul 7;18(7):e0286912. doi: 10.1371/journal.pone.0286912. PMID: 37418363; PMCID: PMC10328321.
5. Valle CG, Diamond MA, Heiling HM, Deal AM, Hales DP, Nezami BT, LaRose JG, Rini CM, Pinto BM, **Tate DF**. Physical activity maintenance among young adult cancer survivors in an mHealth intervention: Twelve-month outcomes from the IMPACT randomized controlled trial. *Cancer Med*. 2023 Jun 14. doi: 10.1002/cam4.6238. Epub ahead of print. PMID: 37317660.
6. LaRose JG, Gorin AA, Garcia K, Hayes JF, **Tate DF**, Espeland MA, Lewis CE, Perdue L, Robichaud E, Hatley K, Wing RR. Life events and stress among young adults in weight gain prevention trial. *Health Psychol*. 2023 May;42(5):314-324. doi: 10.1037/hea0001282. PMID: 37141017; PMCID: PMC10167549.
7. \*\*Brock DP, Yuhas M, Porter KJ, Chow PI, Ritterband LM, **Tate DF**, Zoellner JM. Outcomes of a Caregiver-Focused Short Message Service (SMS) Intervention to Reduce Intake of Sugar-Sweetened Beverages in Rural Caregivers and Adolescents. *Nutrients*. 2023 Apr 19;15(8):1957. doi: 10.3390/nu15081957. PMID: 37111178; PMCID: PMC10141983.

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8. Lytle LA, Wasser HM, Godino J, Lin PH, **Tate DF**. Identifying the behavior change techniques used in obesity interventions: An example from the EARLY trials. *Obes Sci Pract*. 2022 Sep 15;9(2):179-189. doi: 10.1002/osp4.633. PMID: 37034560; PMCID: PMC10073819.
  9. **Tate, DF**, Kraschnewski JL, Martinez C, Diamond M, Veldheer S, Hwang KO, Lehman EB, Sciamanna CN. A Cluster Randomized Controlled Trial of Automated Internet Weight Loss Programs in Primary Care: Role of Automated Provider Feedback. *Obesity (Silver Spring)*. 2022 Dec;30(12):2363-2375. doi: 10.1002/oby.23506. PMID: 36416000.
  10. Navar AM, Fine LJ, Ambrosius WT, Brown A, Douglas PS, Johnson K, Khera AV, Lloyd-Jones D, Michos ED, Mujahid M, Muñoz D, Nasir K, Redmond N, Ridker PM, Robinson J, Schopfer D, **Tate DF**, Lewis CE. Earlier treatment in adults with high lifetime risk of cardiovascular diseases: What prevention trials are feasible and could change clinical practice? Report of a National Heart, Lung, and Blood Institute (NHLBI) Workshop. *Am J Prev Cardiol*. 2022 Nov 13;12:100430. doi: 10.1016/j.ajpc.2022.100430. PMID: 36439649; PMCID: PMC9691440.
  11. Valle CG, Diamond MA, Heiling HM, Deal AM, Hales DP, Nezami BT, Pinto BM, LaRose JG, Rini CM, **Tate DF**. Effect of an mHealth intervention on physical activity outcomes among young adult cancer survivors: The IMPACT randomized controlled trial. *Cancer*. 2023 Feb 1;129(3):461-472. doi: 10.1002/cncr.34556. Epub 2022 Nov 29. PMID: 36444676; PMCID: PMC9834757.
  12. **Alick CL**, Samuel-Hodge C, Ammerman A, Ellis KR, Rini C, **Tate DF**. Motivating Weight Loss Among Black Adults in Relationships: Recommendations for Weight Loss Interventions. *Health Educ Behav*. 2022 Oct 15:10901981221129182. doi: 10.1177/10901981221129182. Epub ahead of print. PMID: 36245237.
  13. Nezami BT, Wasser HM, **Tate DF**. Parent and child dietary changes in a 6-month mobile-delivered weight loss intervention with tailored messaging for parents. *Front Public Health*. 2022 Sep 26;10:972109. doi: 10.3389/fpubh.2022.972109. PMID: 36225761; PMCID: PMC9548804.
  14. **Tate DF**, Lutes LD, Bryant M, Truesdale KP, Hatley KE, Griffiths Z, Tang TS, Padgett LD, Pinto AM, Stevens J, Foster GD. Efficacy of a Commercial Weight Management Program Compared With a Do-It-Yourself Approach: A Randomized Clinical Trial. *JAMA Netw Open*. 2022 Aug 1;5(8):e2226561. doi: 10.1001/jamanetworkopen.2022.26561. Erratum in: *JAMA Netw Open*. 2022 Sep 1;5(9):e2235316. PMID: 35972742; PMCID: PMC9382439.
  15. LaRose JG, Leahey TM, Lanoye A, Bean MK, Fava JL, **Tate DF**, Evans RK, Wickham EP 3rd, Henderson MM. Effect of a Lifestyle Intervention on Cardiometabolic Health Among Emerging Adults: A Randomized Clinical Trial. *JAMA Netw Open*. 2022 Sep 1;5(9):e2231903. doi: 10.1001/jamanetworkopen.2022.31903. PMID: 36121656; PMCID: PMC9486452.
  16. **Corso LML**, Wing RR, **Tate DF**, Espeland MA, Blanchard BE, McCaffery JM. Uric acid as a predictor of weight gain and cardiometabolic health in the Study of Novel Approaches to Weight Gain Prevention (SNAP) study. *Int J Obes (Lond)*. 2022 May 2. doi: 10.1038/s41366-022-01131-1. Epub ahead of print. PMID: 35501471.
  17. **Blackman Carr LT**, Samuel-Hodge CD, **Tate DF**. The Multi-Caregiver Role and Its Relationship to Behavioral Adherence and Weight Among Treatment Engaged Black

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- Women. *Am J Health Promot.* 2022 Apr 13;8901171221092389. doi: 10.1177/08901171221092389. Epub ahead of print. PMID: 35417263.
18. Valle CG, Camp LN, Diamond M, Nezami BT, LaRose JG, Pinto BM, **Tate DF**. Recruitment of young adult cancer survivors into a randomized controlled trial of an mHealth physical activity intervention. *Trials.* 2022 Apr 4;23(1):254. doi: 10.1186/s13063-022-06148-5. PMID: 35379294; PMCID: PMC8981777.
  19. \*\*Chen E, Moracco KE, Kainz K, Muessig KE, **Tate DF**. Developing and validating a new scale to measure the acceptability of health apps among adolescents. *Digit Health.* 2022 Feb 7;8:20552076211067660. doi: 10.1177/20552076211067660. PMID: 35154802; PMCID: PMC8832596.
  20. Nezami BT, Hurley L, Power J, Valle CG, **Tate DF**. A pilot randomized trial of simplified versus standard calorie dietary self-monitoring in a mobile weight loss intervention. *Obesity (Silver Spring).* 2022 Mar;30(3):628-638. doi: 10.1002/oby.23377. Epub 2022 Feb 11. PMID: 35146942.
  21. Hayes JF, **Tate DF**, Espeland MA, LaRose JG, Gorin AA, Lewis CE, Jelalian E, Bahnson J, Wing RR; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. Patterns of weight change in a weight gain prevention study for young adults. *Obesity (Silver Spring).* 2021 Sep 21. doi: 10.1002/oby.23268. Epub ahead of print. PMID: 34549535.
  22. Zoellner JM, Porter KJ, You W, Reid AL, Frederick C, Hilgart M, Brock DP, **Tate DF**, Ritterband LM. Study protocol for iSIPsmarter: A randomized-controlled trial to evaluate the efficacy, reach, and engagement of a technology-based behavioral intervention to reduce sugary beverages among rural Appalachian adults. *Contemp Clin Trials.* 2021 Sep 4;110:106566. doi: 10.1016/j.cct.2021.106566. Epub ahead of print. PMID: 34492306.
  23. Hayes JF, Russell GB, **Tate DF**, Espeland MA, LaRose JG, Gorin AA, Lewis CE, Jelalian E, Bahnson J, Wing RR. Who loses weight in a weight gain prevention program? A comparison of weight losers and weight maintainers at 3 years. *Health Psychol.* 2021 Aug;40(8):523-533. doi: 10.1037/hea0001082. Epub 2021 Jul 29. PMID: 34323575; PMCID: PMC8497424.
  24. Hayes JF, **Tate DF**, Espeland MA, LaRose JG, Gorin AA, Lewis CE, Jelalian E, Bahnson J, Dunsiger SI, Wing RR; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. Making large changes or small changes to prevent weight gain in young adulthood: which is preferred and by whom? *Transl Behav Med.* 2021 Jul 22;ibab099. doi: 10.1093/tbm/ibab099. Epub ahead of print. PMID: 34293164.
  25. LaRose JG, Leahey TM, Lanoye A, Bean MK, **Tate DF**, Fava JL, Evans RK, Wickham E 3rd, Henderson MM, Hatley K, Diamond M. Behavioral weight loss in emerging adults: Design and rationale for the Richmond Emerging Adults Choosing Health (REACH) randomized clinical trial. *Contemp Clin Trials.* 2021 Aug;107:106426. doi: 10.1016/j.cct.2021.106426. Epub 2021 May 24. PMID: 34044124.
  26. Valle CG, Pinto BM, LaRose JG, Diamond M, Horrell LN, Nezami BT, Hatley KE, Coffman EM, Polzien K, Hales DP, Deal AM, Rini CM, Rosenstein DL, **Tate DF**. Promoting physical activity in young adult cancer survivors using mHealth and adaptive tailored feedback strategies: Design of the Improving Physical Activity after Cancer Treatment (IMPACT) randomized controlled trial. *Contemp Clin Trials.* 2021 Jan 27;103:106293. doi: 10.1016/j.cct.2021.106293. Epub ahead of print. PMID: 33515784.
  27. Valle, C.G., Nezami, B.T. & **Tate, D.F.** Designing in-app messages to nudge behavior change: Lessons learned from a weight management app for young adults, *Organizational*

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- Behavior and Human Decision Processes, Volume 161, Supplement, 2020, Pages 95-101, ISSN 0749-5978, <https://doi.org/10.1016/j.obhdp.2020.10.004>.
28. Wing RR, Espeland MA, **Tate DF**, Perdue LH, Bahnson J, Polzien K, Ferguson Robichaud E, LaRose JG, Gorin AA, Lewis CE, Jelalian E; Study of Novel Approaches to Weight Gain Prevention Research Group. Changes in Cardiovascular Risk Factors Over 6 Years in Young Adults in a Randomized Trial of Weight Gain Prevention. *Obesity (Silver Spring)*. 2020 Dec;28(12):2323-2330. doi: 10.1002/oby.23003. PMID: 33230964; PMCID: PMC7687606.
  29. Gooding HC, Gidding SS, Moran AE, Redmond N, Allen NB, Bacha F, Burns TL, Catov JM, Grandner MA, Harris KM, Johnson HM, Kiernan M, Lewis TT, Matthews KA, Monaghan M, Robinson JG, **Tate D**, Bibbins-Domingo K, Spring B. Challenges and Opportunities for the Prevention and Treatment of Cardiovascular Disease Among Young Adults: Report From a National Heart, Lung, and Blood Institute Working Group. *J Am Heart Assoc*. 2020 Oct 20;9(19):e016115. doi: 10.1161/JAHA.120.016115. Epub 2020 Sep 30. PMID: 32993438; PMCID: PMC7792379.
  30. Bennion KA, **Tate D**, Muñoz-Christian K, Phelan S. Impact of an Internet-Based Lifestyle Intervention on Behavioral and Psychosocial Factors During Postpartum Weight Loss. *Obesity (Silver Spring)*. 2020 Oct;28(10):1860-1867. doi: 10.1002/oby.22921. Epub 2020 Sep 4. PMID: 32888250; PMCID: PMC7511419.
  31. Wasser HM, Valle CG, **Tate DF**. Optimizing Behavioral Interventions for Obesity Using an Engineering-Inspired Approach. *Obesity (Silver Spring)*. 2020 Sep;28(9):1574. doi: 10.1002/oby.22957. Epub 2020 Aug 7. PMID: 32770623.
  32. **\*\*Power JM, Tate DF, Valle CG**. Experiences of African American Breast Cancer Survivors Using Digital Scales and Activity Trackers in a Weight Gain Prevention Intervention: Qualitative Study. *JMIR Mhealth Uhealth*. 2020 Jun 8;8(6):e16059. doi: 10.2196/16059. PMID: 32510461; PMCID: PMC7308909.
  33. **\*\*Nezami BT, Lytle LA, Ward DS, Ennett ST, Tate DF**. Effect of the Smart Moms intervention on targeted mediators of change in child sugar-sweetened beverage intake. *Public Health*. 2020 May;182:193-198. doi: 10.1016/j.puhe.2020.03.015. Epub 2020 May 3. PMID: 32375100.
  34. **\*\*Neshteruk CD, Jones DJ, Skinner A, Ammerman A, Tate DF, Ward DS**. Understanding the Role of Fathers in Children's Physical Activity: A Qualitative Study. *J Phys Act Health*. 2020 May 1;17(5):540-547. doi: 10.1123/jpah.2019-0386. PMID: 32283541.
  35. **Tate DF, Quesnel DA, Lutes L, Hatley KE, Nezami BT, Wojtanowski AC, Pinto AM, Power J, Diamond M, Polzien K, Foster G**. Examination of a partial dietary self-monitoring approach for behavioral weight management. *Obes Sci Pract*. 2020 Apr 26;6(4):353-364. doi: 10.1002/osp4.416. PMID: 32874670; PMCID: PMC7448156
  36. Wing RR, Russell GB, **Tate DF**, Espeland MA, LaRose JG, Gorin AA, Lewis CE, Jelalian E, Perdue LH, Bahnson J, Polzien K, Ferguson Robichaud E; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. Examining Heterogeneity of Outcomes in a Weight Gain Prevention Program for Young Adults. *Obesity (Silver Spring)*. 2020 Mar;28(3):521-528. doi: 10.1002/oby.22720. Epub 2020 Feb 6. PMID: 32030910; PMCID: PMC7042032.
  37. **\*\*Nezami BT, Jakicic JM, Lang W, Davis K, Tate DF**. Examining barriers, physical activity, and weight change among parents and nonparents in a weight loss intervention.

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- Obes Sci Pract. 2020 Jan 30;6(3):264-271. doi: 10.1002/osp4.401. PMID: 32523715; PMCID: PMC7278899.
38. Webber BJ, Ruiz SA, Talcott GW, Little MA, **Tate DF**. Weight Gain of Service Members After Basic Military Training. *Am J Prev Med*. 2020 Jan;58(1):117-121. doi: 10.1016/j.amepre.2019.08.022. PMID: 31862098.
  39. Wing RR, Espeland MA, **Tate DF**, Perdue LH, Bahnson J, Polzien K, Robichaud EF, LaRose JG, Gorin AA, Lewis CE, Jelalian E; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. Weight Gain Over 6 Years in Young Adults: The Study of Novel Approaches to Weight Gain Prevention Randomized Trial. *Obesity (Silver Spring)*. 2020 Jan;28(1):80-88. doi: 10.1002/oby.22661. PMID: 31858732; PMCID: PMC6927481.
  40. **\*\*Blackman Carr LT, Samuel-Hodge CD, Ward DS, Evenson KR, Bangdiwala SI, Tate DF**. Comparative effectiveness of a standard behavioral and physical activity enhanced behavioral weight loss intervention in Black women. *Women Health*. 2020 Jul;60(6):676-691. doi: 10.1080/03630242.2019.1700585. Epub 2019 Dec 8. PMID: 31814531.
  41. Thornton PL, Kumanyika SK, Gregg EW, Araneta MR, Baskin ML, Chin MH, Crespo CJ, de Groot M, Garcia DO, Haire-Joshu D, Heisler M, Hill-Briggs F, Ladapo JA, Lindberg NM, Manson SM, Marrero DG, Peek ME, Shields AE, **Tate DF**, Mangione CM. New research directions on disparities in obesity and type 2 diabetes. *Ann N Y Acad Sci*. 2020 Feb;1461(1):524. doi: 10.1111/nyas.14270. Epub 2019 Dec 3. PMID: 31793006; PMCID: PMC7159314.
  42. **\*\*Power JM, Phelan S, Hatley K, Brannen A, Muñoz-Christian K, Legato M, Tate DF**. Engagement and Weight Loss in a Web and Mobile Program for Low-Income Postpartum Women: Fit Moms/Mamás Activas. *Health Educ Behav*. 2019 Dec;46(2\_suppl):114-123. doi: 10.1177/1090198119873915. PMID: 31742447.
  43. **Tate DF**, Lytle L, Polzien K, Diamond M, Leonard KR, Jakicic JM, Johnson KC, Olson CM, Patrick K, Svetkey LP, Wing RR, Lin PH, Coday M, Laska MN, Merchant G, Czaja SJ, Schulz R, Belle SH. Deconstructing Weight Management Interventions for Young Adults: Looking Inside the Black Box of the EARLY Consortium Trials. *Obesity (Silver Spring)*. 2019 Jul;27(7):1085-1098. doi: 10.1002/oby.22506. Epub 2019 May 28. PMID: 31135102; PMCID: PMC6749832.
  44. Yeary KHK, Chi X, Lensing S, Baroni H, Ferguson A, Su J, Estabrooks PA, **Tate D**, Linnan L. Overweight and Obesity Among School Bus Drivers in Rural Arkansas. *Prev Chronic Dis*. 2019 May 16;16:E61. doi: 10.5888/pcd16.180413. PMID: 31095920; PMCID: PMC6549416.
  45. **Tate DF**, Crane MM, Espeland MA, Gorin AA, LaRose JG, Wing RR. Sustaining eHealth engagement in a multi-year weight gain prevention intervention. *Obes Sci Pract*. 2019 Mar 13;5(2):103-110. doi: 10.1002/osp4.333. PMID: 31019727; PMCID: PMC6469337.
  46. LaRose JG, Neiberg RH, Evans EW, **Tate DF**, Espeland MA, Gorin AA, Perdue L, Hatley K, Lewis CE, Robichaud E, Wing RR; Study of Novel Approaches to Weight Gain Prevention (SNAP) Research Group. Dietary outcomes within the study of novel approaches to weight gain prevention (SNAP) randomized controlled trial. *Int J Behav Nutr Phys Act*. 2019 Jan 31;16(1):14. doi: 10.1186/s12966-019-0771-z. PMID: 30704533; PMCID: PMC6357348.
  47. Gorin AA, Gokee LaRose J, Espeland MA, **Tate DF**, Jelalian E, Robichaud E, Coward P, Hatley KE, Garcia KR, Lang W, Bahnson J, Lewis CE, Wing RR. Eating pathology and



- psychological outcomes in young adults in self-regulation interventions using daily self-weighting. *Health Psychol.* 2019 Feb;38(2):143-150. doi: 10.1037/hea0000689. Epub 2018 Dec 13. PMID: 30550313; PMCID: PMC6447368.
48. Phelan S, Hagobian TA, Ventura A, Brannen A, Erickson-Hatley K, Schaffner A, Muñoz-Christian K, Mercado A, **Tate DF**. 'Ripple' effect on infant zBMI trajectory of an internet-based weight loss program for low-income postpartum women. *Pediatr Obes.* 2019 Jan;14(1):10.1111/ijpo.12456. doi: 10.1111/ijpo.12456. Epub 2018 Sep 17. PMID: 30225981; PMCID: PMC7368392.
  49. Olson KL, Neiberg RH, **Tate DF**, Garcia KR, Gorin AA, Lewis CE, Unick J, Wing RR. Weight and Shape Concern Impacts Weight Gain Prevention in the SNAP Trial: Implications for Tailoring Intervention Delivery. *Obesity (Silver Spring).* 2018 Aug;26(8):1270-1276. doi: 10.1002/oby.22212. Epub 2018 Jun 28. PMID: 29956495; PMCID: PMC6437682.
  50. **Martin CL**, **Tate DF**, Valle CG. Nonadherence to daily self-weighting and activity tracking is associated with weight fluctuations among African American breast cancer survivors. *PLoS One.* 2018 Jun 26;13(6):e0199751. doi: 10.1371/journal.pone.0199751. PMID: 29944706; PMCID: PMC6019092.
  51. **Creasy SA**, Lang W, **Tate DF**, Davis KK, Jakicic JM. Pattern of Daily Steps is Associated with Weight Loss: Secondary Analysis from the Step-Up Randomized Trial. *Obesity (Silver Spring).* 2018 Jun;26(6):977-984. doi: 10.1002/oby.22171. Epub 2018 Apr 6. PMID: 29633583; PMCID: PMC5970037.
  52. McCaffery JM, Ordovas JM, Huggins GS, Lai CQ, Espeland MA, **Tate DF**, Wing RR. Weight gain prevention buffers the impact of CETP rs3764261 on high density lipoprotein cholesterol in young adulthood: The Study of Novel Approaches to Weight Gain Prevention (SNAP). *Nutr Metab Cardiovasc Dis.* 2018 Aug;28(8):816-821. doi: 10.1016/j.numecd.2018.02.018. Epub 2018 Mar 6. PMID: 29699816; PMCID: PMC6127000.
  53. Valle CG, Queen TL, Martin BA, Ribisl KM, Mayer DK, **Tate DF**. Optimizing Tailored Communications for Health Risk Assessment: A Randomized Factorial Experiment of the Effects of Expectancy Priming, Autonomy Support, and Exemplification. *J Med Internet Res.* 2018 Mar 1;20(3):e63. doi: 10.2196/jmir.7613. PMID: 29496652; PMCID: PMC5856933.
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## INVITED PRESENTATIONS

1. “I need to do what and for how long?” Can lifestyle change be informed by precision medicine to improve weight loss and weight loss maintenance? Invited seminar Pennington Biomedical Precision Medicine 2024 Symposium
2. Methods for leveraging digital health tools in the next generation of tailored diet and physical activity interventions for cancer prevention and control. Invited seminar UAB Cancer Center (February 2023)
3. Moving towards Precision Behavioral Weight Loss Interventions using Digital Approaches. Invited Seminar UAB Nutrition Obesity Research Center (February 2023)
4. Australian Psychological Association College of Health Psychologists Conference – Keynote Speaker – “Using Technology to Promote Behavioral Weight Management” (November 2021)
5. National Heart Lung and Blood Institute (NHLBI, NIH) Workshop: Early Treatment in High Lifetime Risk of CVD: What Prevention Trials are Feasible and will Change Clinical Practice? Virtual Workshop Presentation “Lifestyle and Behavioral Intervention” (February 2021)
6. Karmanos Cancer Center Annual Scientific Retreat, “Using Behavioral Interventions to Reduce Cancer Health Disparities and Improve Cancer Outcomes” Wayne State University, Keynote Speaker (October 2019)
7. Obesity Medicine Association, Invited Presentation (Dallas Texas – April 2019)
8. American Society of Nutrition, Invited Speaker (Baltimore Maryland – June 2019)
9. American Diabetes Association Scientific Sessions Symposium “Using mHealth for Obesity Treatment and Weight Management. Invited symposium presentation “State-of-the-Art— Perspectives towards Sustained Behavior Change”. Orlando, Florida, June 25, 2018
10. American College of Sports Medicine Highlighted Symposium, “What’s App Doc? New Frontiers in Technologies for Physical Activity and Health”. Invited symposium presentation “Precision mHealth: A New Frontier in Tailored Obesity Interventions”. Minneapolis, Minnesota. May 30, 2018
11. National Institute of Diabetes and Digestive Diseases (NIDDK, NIH) Workshop: Enhancing Opportunities in Addressing Obesity and Type 2 Diabetes Disparities. Invited Workshop Presentation “Achieving and Sustaining Lifestyle Change and Self-Management in Community Settings with Remotely Delivered Approaches”. Bethesda, MD Oct 24 - 25, 2017
11. National Heart Lung and Blood Institute (NHLBI, NIH) Workshop: Challenges and opportunities for the prevention and treatment of cardiovascular disease among young adults. Invited workshop presentation “Lessons learned in the EARLY Trials Consortium”. Bethesda, MD Sept 14-15, 2017

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12. Academy of Nutrition and Dietetics Weight Management Practice Group Annual Symposium. There's an App for That: Using Technology to Enhance Your Practice. April 15, 2016.
  13. UNC Chapel Hill Department of Medicine Grand Rounds. Obesity Management. February 4, 2016, Chapel Hill, NC.
  14. American Heart Association EPI-Lifestyle Scientific Sessions. eHealth and mHealth Approaches for Obesity Prevention and Treatment, presented March 5, 2015, Baltimore, MD.
  15. Dietary Guidelines Advisory Committee (DGAC)  
Methods of Intervention at Individual and Small Group Levels: Effective Strategies and Delivery Approaches to Changing Diet and Activity for Weight Control, invited presentation to the DGAC Meeting 3, March 14, 2014, Bethesda, MD.
  16. Trans NIH Conference: Genes, Behaviors and Response to Weight Loss Interventions Weight Loss and Maintenance: Can we predict who responds?, invited presentation at the NIH conference, May 8-9, 2014, Bethesda, MD.
  17. Trans NIH Conference: Genes, Behaviors and Response to Weight Loss Interventions Methods for Pooling Across Weight Loss Intervention Trials, invited presentation at the NIH conference, May 8-9, 2014, Bethesda, MD.
  18. UNC Women and Obesity Forum  
Evidence Based Behavioral Obesity Prevention and Treatment Approaches, invited presentation, February 2014, Chapel Hill, NC.
  19. Society for Clinical Trials  
The EARLY Consortium: Exploring Differences in Interventions and Outcome Presented in Symposium entitled: Putting your Eggs into Multiple Baskets – the Consortium Model of Simultaneous, But Separate Behavioral Intervention Trials on the Same Topic, presented May 18-19 2014, Philadelphia, PA.
  20. mHealth@Duke Conference eHealth/mHealth Engagement: Lessons Learned and Future Directions, presented April 2014, Durham, NC.
  21. The Obesity Society Annual Scientific Meeting  
Replacing Sugary Drinks with Water and other Non-Caloric Beverages Promotes Weight Loss and Improves Health Indicators Presented in Invited Symposium Increasing Water Consumption: A Dietary Weight Management Strategy for Children and Adults?, November 2013, Atlanta, GA.
  22. The Obesity Society Annual Scientific Meeting  
Tate DF. Study of Novel Approaches for Prevention (SNAP) tests two hybrid in-person, web and mobile Web-based weight gain prevention In Symposium Using Technology in Behavioral Intervention Trials Targeting Young Adults: The Early Adult Reduction of weight through Lifestyle intervention (Early) Trials, November 2013, Atlanta, GA.
  23. Cancer Prevention Grand Rounds MD Anderson Cancer Center  
Technology Based Approaches to Obesity Prevention and Treatment, October 2013, Houston, TX.
  24. UNC Inaugural Symposium on Using New Technologies to Enhance Healthy Behaviors Using technology to change health behaviors: Lessons learned from obesity prevention and treatment, October 2013, Chapel Hill, NC.
  25. NIH Workshop - Obesity intervention taxonomy and Pooled analysis workshop Pooling Diverse Interventions in the EARLY Trials August 2013, Bethesda, MD.
  26. American Diabetes Assoc. Research Symposium: Biologic Responses to Weight Loss and Weight Regain Technology Based Intervention Approaches for Behavioral Weight Control, April 26-28, 2013, Washington, DC.

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27. Presidential Keynote Panel: Society of Behavioral Medicine Annual Meeting Innovative Technology Interventions to Address the Obesity Epidemic, April 2012, New Orleans, LA.
  28. University of Illinois – Department of Kinesiology and Community Health One Size Does Not Fit All: Alternative to Traditional Obesity Treatment, November 2011, Urbana, IL.
  29. Keynote Address: International Society for Behavioral Nutrition and Physical Activity Annual Conference – Moving On and Moving More: Finding Ways to Use Technology to promote Energy Expenditure and Energy balance, May 2010, Minneapolis, MN.
  30. US Department of Veterans Affairs - National Center for Health Promotion and Disease Prevention Telehealth Call Centers and Web-Based MOVE! Planning Meeting Invited Speaker – Lessons Learned from Internet Treatment of Overweight and Obese Adults, April 2008, Durham, NC.
  31. University of Connecticut Center for Health, Interventions, and Prevention (CHIP) Invited Seminar, One Size Does Not Fit All: Alternatives to Clinic Based Behavioral Treatment of Obesity, March 2008, Storrs, CT.
  32. University of Heidelberg, Germany - Expert Conference on Technology Enhanced Treatment Delivery, Using Internet and New Technologies in Obesity Treatment, December 2007, Heidelberg, Germany.
  33. The Obesity Society Annual Meeting Keynote Lecture - Advances in Population Studies: Innovative Assessment & Intervention Tools - The Web and PDAs, TOS Annual Meeting October 2006, Boston, MA.
  34. UNC Interdisciplinary Obesity Center Scientific Dinner Speaker - Research Update: Web-based approaches for weight loss and maintenance, October 2006, Chapel Hill, NC.
  35. UNC School of Journalism Invited Colloquium Speaker. E-health approaches for obesity prevention and treatment, October 2006, Chapel Hill, NC.
  36. American College of Sports Medicine Health and Fitness Summit. Weight Loss Approaches for Overweight Children and Adolescents, April 2006, Orlando FL.
  37. American College of Sports Medicine Health and Fitness Summit. Town Hall Panelist: Behavioral Techniques for Assisting Tough Clients with Weight Loss, April 2006, Orlando, FL.
  38. University of Arizona Invited Colloquium Speaker. E-health intervention studies of obesity prevention and treatment, March 2006, Tucson, AZ.
  39. Centers for Disease Control, Department of Defense and Pennington Biomedical Research Center Symposium on Weight Loss Maintenance, invited paper, December 2005, Baton Rouge, LA.
  40. National Institutes of Health – Critical Issues in eHealth Research Conference Lessons Learned from e-Health Intervention Studies of Obesity (Invited paper), June 2005, Washington, DC.
  41. NC Area Health Educators (AHEC) Lifestyle Interventions for Obesity, May 2005, Rocky Mount, NC.
  42. American College of Sports Medicine Health and Fitness Summit Using New Methods to Change Eating and Exercise in Children and Adolescents (Invited faculty lecture), April 2005, Las Vegas, NV.
  43. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (DHHS & SAMSHA) Meeting “e-Therapy, Telehealth, Telepsychiatry and Beyond”, Internet Applications for Psychological Treatment, December 9-10, 2004, Washington, DC.
  44. New England Psychological Association Annual Meeting Web Based Applications for Treating Obesity –October 2004, Providence, RI.

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45. 13<sup>th</sup> Annual Contemporary Topics in Nutrition Symposium “Nutrition and Diabetes: Where are we and where are we going” The Internet – A New Behavioral Change Agent, March 2004, Rhode Island Hospital, Providence, RI.
  46. National Institute on Drug Abuse (NIDA) Meeting -- Using information technology for assessment and treatment of drug abuse and provider training – Lessons learned from treating obesity using the Internet, March 2004, Washington, DC.
  47. Harvard University -Practical Approaches to the Treatment of Obesity. Update on Internet Strategies for Treating Obesity, June 2003 Cambridge, MA.
  48. Rhode Island Psychological Association, Obesity: Clinical and Research Update, 2003, Providence, RI.
  49. University of Pittsburgh, The Obesity Epidemic Across the Lifespan: Treatment Tools for Clinicians, Practitioners, and Educators – Can the Internet be an Effective Tool for Obesity Programming for Children and Adults?, March 2003, Pittsburgh, PA.
  50. CDC/Kaiser Permanente Working Group on the Prevention and Treatment of Obesity –Internet Behavioral Treatment of Obesity, June, 2002, Denver, CO.
  51. American College of Sports Medicine Health and Fitness Summit – Using the Internet to Change Health Behaviors: How to develop effective web-based interventions, April 2002, Orlando, FL.
  52. Brown-Yale-Harvard Research Career Development Series Transdisciplinary Research Forum – Web-based Weight Loss - Twelve Month Follow-up, 2001, Connecticut.
  53. American College of Sports Medicine Health and Fitness Summit –Technology-based Interventions: Are they effective for diet, exercise and weight loss? April 2001 Las Vegas, NV.
  54. American College of Sports Medicine Health and Fitness Summit Psychosocial aspects of changing health related behaviors, April 2001 Las Vegas, NV.

## TEACHING

### Graduate Courses Taught

<b>Semester/Year (no. of students)</b>	<b>Course</b>
Fall 2023 (n=14) Fall 2022 (n=20) Fall 2021 (n=18) Fall 2020 (n=14) Spring 2018 (n=15) Spring 2016 (n=20)	HBEH 892-001 Special Topics: mHealth for Behavior Change
Spring 2016 (n=4) Spring 2014 (n=6) Fall 2013 (n=6) Spring 2013 (n=16) Fall 2012 (n=16)	NUTR 802/803: Advanced Nutrition Intervention Research Methods I & II Co-Instructor: Dianne Ward, EdD

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Fall 2018 (n=16)	HBEH 811/NUTR 811: Development and Evaluation of Health Promotion and Disease Prevention Interventions Co-Instructor: Marta Mulawa, Ph.D. 2018 Co-Instructor: Susan Haws, Ph.D. 2017 Co-Instructor: Leslie Lytle, Ph.D. 2013-2016 Co-Instructors: Susan Ennett, PhD and Geni Eng, PhD (2009-2012) No Co-Instructor: 2005-2007
Fall 2017 (n=12)	
Fall 2016 (n=15)	
Fall 2015 (n=14)	
Fall 2014 (n=8)	
Fall 2013 (n=17)	
Fall 2012 (n=18)	
Fall 2011 (n=15)	
Fall 2010 (n=13)	
Fall 2009 (n=5)	
Fall 2007 (n=15)	
Fall 2006 (n=10)	
Fall 2005 (n=11)	
Spring 2011 (n=13)	HBHE 852: Evaluation of HPDP Interventions Co-Instructors: Susan Ennett, Ph.D., Geni Eng, DrPH
Spring 2010 (n=4)	
Spring 2007 (n=20)	NUTR 814/EPID 814: Obesity Epidemiology Co-Instructors: June Stevens, Ph.D., Kimberly Truesdale, Ph.D.

## STUDENT ADVISING

### Bachelor of Science (BSPH – NUTR or PSYCH) Research Advisor

Camila Noriega (Spring 2024) - GIL Internship Research Advisor

Chloe Worner (Spring 2024) – Research advisor

Damilola Ayinde (Fall 2022-Spring 2023) – Research advisor and mentor for student participating in NIDDK Step Up program

Priyam Patel (Fall 2020-Spring 2022) - Research Advisor – Student accepted to Dental School

Lindsey Molina (Fall 2018-Spring 2020) - Student accepted to Medical School

Honors Thesis: Participant Experience with Continuous Glucose Monitoring: Acceptability and Implications for Physical Activity Behavior Modification

Sahil Prakesh Honors (Fall 2017- Spring 2019) - Student accepted to Dental School

Honors Thesis: Who succeeds with weight loss by changing beverage intake? An examination of predictors of weight loss within a randomized trial to reduce caloric beverage intake

Mary Shen – Honors (Fall 2010 – Spring 2013) -Student accepted to Medical School

Honors Thesis: Exploring the Relationship Between Perceived Stress and Weight Loss in a Community-Based Behavioral Intervention (Received a Summer Undergraduate Research Fellowship (SURF) Award for this project)

Jordan Wong (Fall 2009-Spring 2011) - Research advisor

**Masters Practicum Advisor**

Andrew Bradford  
Alexandra Munson  
Daniel Cothran  
Janna Howard  
Elizabeth Stoiff  
Hannah Lerner  
Kathleen McGuire  
Lara Balian  
Rachel Kuliani  
Rachel Zucker  
Julie K. Bower  
Aubrey Delaney  
Lesley Copeland  
Hannah-Prentice Dunn

**Masters Advisor (HB)**

Liza Engstrom (2013-2015)  
Anna Spier (2013-2015)  
Reikan Lin (2014-2016)  
Janna Howard, (2014-2016)  
Claire McClendon (2015-2017)  
Hannah Lerner (2014-2016)  
Alexandra Munson (2016-2018)  
Deanna Williams (2019-2021)

**Masters Advisor (NUTR)**

Lindsey Stevenson (2014-2016)  
Benjamin White (2013-2015)  
Rebecca Rudel (2013-2015)



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## Masters Capstone Team Advising (HB)

**2020-2021**

Community Partner: RTI

Preceptors: Megan Lewis, Ph.D., Laura Wagner

Student Team: Destiny James, Chloe Mitchell, Oshauna Morgan, Townshend Peters, Madison Walker

Project Title: Center for Communication Science for Precision Medicine

**2015-2016**

Community Partner: UNC Family Medicine

Preceptors: Laurel Sisler and Carol Ripley-Moffitt

Student team: Humberto Gonzalez Rodriguez, Rinchen Mohiuddin Lama, Elizabeth Metzler, Eleanor Avery Wertman, Sarah Edwards,

Project title: Weight Management Program Implementation Support & Process Evaluation

Role: Faculty advisor

**2013-2014**

Community partner: Community Transformation Grant

Preceptors: Annie Martinie & Candy West

Student team: Rebecca Chávez, Charla Hodges, Casey Horvitz, & Tiffany Williams

Project title: Caswell County Fresh Fruit and Vegetable Access Project Role:

Faculty advisor

**2009-2010**

Community partner: North Carolina Comprehensive Cancer Program

Preceptors: Walter Shepherd & Kenisha Bethea

Student team: Laura Calderon, Mohamed Jalloh, Raphael Louie, & Peyton Purcell

Project title: Reducing Cancer Risks in North Carolina (RCR-NC): Development of a Web-based Tool to Reduce Cancer Risks Through Tailored Health Messaging Around Behavior Change Role: Faculty

Advisor

**Masters Papers**

<b>Student Name</b>	<b>Year Graduated</b>	<b>Dept.</b>	<b>Master's Paper Title</b>	<b>Reader</b>
Leah Wakefield	2016	NUTR	Mindful Eating for Weight Management: A review and reflection on the literature	Advisor
Hannah Lerner	2016	HB	Dietary Variety and Self-Monitoring in a Behavioral Weight Loss Study	Advisor
Elizabeth Saunders	2013	NUTR	Nutrition Science in the Twittersphere: Case Studies Provide Guidelines for More Effective Communication Via Twitter	Advisor

Elizabeth Stoiff	2009	HBHE	Preventing Eating Disorders in College Women: A Review and Recommendations	Primary
Kathleen McGuire	2009	HBHE	Diet related health disparities: exploring attitudes, barriers, and facilitators to eating fruits and vegetables and shopping at farmers' markets among low income North Carolinians	Primary
Rachel Kuliani	2008	HBHE	Impacting the Health of Veterans: Lipid-Management Interventions and the Effect on Patient Outcome Goals	Primary
Julie K. Bower	2006	HBHE	The Role of the Preschool Environment in Shaping Children's Physical Activity	Primary

### Doctoral Trainees

Student Name	Status (or Graduation Year)	Dept.	Dissertation Title	Role
Susanna Choi	Defended Proposal	NUTR	Positive Affect to Improve Health Behaviors and Mental Health in Adolescent and Young Adult Cancer Survivors (AYACS)	Member
Erin Coffman	Defended Proposal	NUTR	Digital interventions to promote physical activity and healthy eating among young adult cancer survivors	Member
*Caitlin Martinez	2024	NUTR	An Exploration of Opportunities to Increase the Potency and Efficiency of Digital Behavioral Weight Loss Programs	Chair
*Alexander Hurling	2023	HB	Determining The Influence and Impact of Depressive Symptoms & Precursors On Engagement In Digital Behavior Change Interventions	Chair
*Julianne Power	2022	HB	Promoting Engagement in Digital Weight Loss Interventions	Chair

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Courtney Lueking	2019	NUTR	Implementation of a Child Care + Home Intervention to Improve Children's Nutrition and Physical Activity: Assessment of Fidelity, Parent Engagement, and Enhanced Implementation	Member
Cody Neshteruk	2019	NUTR	Examining the role of physical activity in the father-child dyad	Member
Liz Chen	2019	HB	Scale Development To Measure The Acceptability Of mHealth Interventions Among Teens	Member
Loneke Blackman	2017	NUTR	Closing the gap: Understanding and Reducing Racial Disparities In Response to Weight Loss Interventions for African American Women	Chair
Candice Alick	2017	NUTR	Effect of TEAM (Together Eating and Activity Matters) Intervention on Weight Loss among African American Men	Chair
Stephanie Mazzuca	2017	NUTR	Creating Active Classrooms in Early Care and Education Centers	Member
Brooke Nezami	2016	HB	Healthy Weight Behaviors and Weight Change in Parents and Preschoolers	Chair
Melissa Crane	2015	HB	Improving Men's Health through Weight Control: Randomized Trials Testing Recruitment Messaging and a Novel Weight Loss Intervention	Chair
Leanne Kaye	2014	NUTR	Effect of a Tailored Pilot Intervention on Minutes of Activity among Breast Cancer Survivors	Member
Jiang Li	2013	HB	Understanding Pathways to Weight Loss among Employees and Organizations Enrolled in the Way to Health Worksite Based Weight Loss Study	Member
David Cavallo	2012	NUTR	Using Online Social Networks to Increase Physical Activity	Member

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Carmina Valle	2012	NUTR	Examining the use of online social networking to improve physical activity behaviors among young adult cancer survivors	Member/Chair Assumed chair upon mentor death
Dori Steinberg	2012	NUTR	Effect of Daily Self-Weighing on Weight Loss in Adults	Chair
Noel Kulik	2011	HBHE	Enhancing Social Support in Adolescent Weight Loss Treatment	Chair
Lisa Lowenstein	2011	NUTR	Assessing Barriers to Counseling Families about Obesity by Primary Care Providers	Member
Elizabeth Lyons	2010	HBHE	PRESENCE: PREdicting SENSory and Control Effects of home console video games	Chair
May May Leung	2010	NUTR	Impact of a Manga comic with health messages on nutrition beliefs in middleschool youth	Member
Rachel Tabak	2010	NUTR	The home environment and child diet	Member
Brie Turner-McGrievy	2009	NUTR	Pounds Off Digitally (Pod): An Examination Of The Use Of Podcasting To Promote Weight Loss	Member
Jeanne Gabrielle	2008	HBHE*	Effects of Nondirective and Directive Support on Weight Loss in an E-Counseling Intervention	Research Advisor
Kelly H. Webber	2007	NUTR	Evaluating the Efficacy of Internet Based Motivational Interviewing Group Treatment for Weight Loss	Chair
Sara Benjamin	2006	NUTR	Promoting Healthy Weight in Child Care: Pilot Testing, Training Methodology, and Instrument Evaluation	Member

\*University of Washington, St. Louis Clinical Psychology doctoral student, in residence at UNC

### Post-doctoral/Faculty Mentees

<b>Name</b>	<b>Years of Training</b>	<b>Previous Degree</b>	<b>Previous Institution</b>	<b>Project Title</b>	<b>Current Position</b>
May May Leung	2023-present	PhD	UNC	Friedman School Faculty mentoring committee	Associate Professor and Chair Division of Nutrition Interventions, Communication, and Behavior Change Tufts
Kimberly Shoenbill	2020	MD, PhD		K submitted	Assistant Professor, Family Medicine & Informatics
Melissa Cox	2020-present	PhD	UNC	K-01 funded	Assistant Professor, Health Behavior (UNC/ECU)
Sandra Soto	2020-present	PhD MPH	UCSD	K-01 funded	Assistant Professor, Nursing (UNC)
Rachel Goode	2018-present	PhD	University of Pittsburgh	NORC pilot/K submission	Assistant Professor, Sociology (UNC)
Heather Wasser (primary mentor)	2018-present	PhD	University of North Carolina at Chapel Hill	K-Award (funded)	Assistant Professor, Nutrition (UNC)
*Brooke Nezami	2016-present	PhD	University of North Carolina at Chapel Hill	R01 submission/K submission	Assistant Professor, Nutrition (UNC)
Chantel Martin	2015 – 2016	PhD	University of North Carolina at Chapel Hill		Post-doc
Rachel Barnes (faculty mentor, 2016 NIH K23 DK092279)	2011-2016	PhD	University of Central Florida	Examining Innovative Obesity Treatment and Related Novel Constructs	Associate Research Scientist, Department of Psychiatry, Yale University

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Carmina Valle (Postdoctoral fellowship mentor)	2012-2014	PhD	UNC-Chapel Hill	The Use of Smart Scales for Weight Gain Prevention in African American Breast Cancer Survivors	Assistant Professor University of North Carolina at Chapel Hill
Jessica GokeeLaRose (faculty mentor, NIH K23 DK083440)	2009-2014	PhD	University of Central Florida	Recruiting and Retaining Young Adults in Behavioral Weight Loss Programs	Associate Professor Virginia Commonwealth University/Medical College of Virginia
Elizabeth Lyons (post doctoral fellowship mentor)	2010-2011	PHD	UNC-Chapel Hill	PREdicting SENSory and Control Effects of home console video games	Associate Professor, Institute for Translational Sciences, University of Texas Medical Branch, Galveston, TX
Brie TurnerMcGrievy (postdoctoral fellowship mentor)	2009-2011	PhD	UNC-Chapel Hill	Pounds Off Digitally (Pod): An Examination Of The Use Of Podcasting To Promote Weight Loss	Associate Professor, University of South Carolina, Columbia, SC

## CURRENT GRANTS

(Grant number (Principal Investigator), Funding agency, Project dates, Title, Role on project)

R01AG077163 (Batsis)

04/01/2023-03/31/2028

**Optimizing Telehealth-delivery of a Weight Loss Intervention in Older Adults with Multiple Chronic Conditions: A Sequential, Multiple Assignment, Randomized Trial**

Role: Co-Investigator

RO1CA270111 (Valle/LaRose)

04/01/2023 to 03/31/2028

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**Using Tailored mHealth Strategies to Promote Weight Management among Adolescent and Young Adult Cancer Survivors**

Role: Co-Investigator

ADA (Nicholson)

11/15/2022-11/14/2025

**Effectiveness study of a lifestyle intervention versus metformin in mothers with recent gestational diabetes**

Role: UNC Subcontract PI; Co-Investigator

R01HL161836 (Tate)

NIH/NHLBI

07/01/2022 - 6/30/2027

**Preventing weight gain in U.S. Air Force personnel using a novel mobile health intervention.** Role: Principal Investigator

R01DK132386 – 01 (Gorin/Tate)

NIH/NIDDK

05/15/22 -05/14/27

**Optimizing a couples-based mHealth intervention for weight management**

Role: Multiple Principal Investigator

R01-HL161373-01R01 (Valle)

NIH

01/15/2022-12/31/2026

**A micro-randomized trial of JITAI messaging to improve adherence to multiple weight loss behaviors in young adults.** Role: Co-Investigator

UG1-HD107692-01 (Mayer-Davis/Tate)

NIH

12/10/2021 - 11/30/2026

**Nutrition for Precision Health: The University of North Carolina at Chapel Hill Clinical Center.**

Role: Multiple Principal Investigator

R01-DK128174-01 (Willis)

NIH

04/01/2021 - 03/31/2026

**My weight-their weight: eHealth intervention for managing obesity in child care settings.** Role: Co-Investigator

R01DK125779 (Tate)

NIH/NIDDK

7/1/2020 - 6/30/2025

**Optimization of a mHealth Behavioral Weight Loss Intervention for Young Adults.**

Role: Principal Investigator

P30CA16086 (Earp)

NIH/NCI

12/01/2010 - 11/30/2025

**Cancer Center Core Support Grant- CHAI Core.**

Role: Director, Behavioral Core

P30DK056350 11 (Zeisel)

NIH/NIDDK

09/30/1999 - 03/31/2026

**UNC Nutrition Obesity Research Center.**

Role: Director, Behavioral Core

R01MD012832 (Kneipp)

NIH/NIMD

06/1/2019 - 05/31/2024

**NC Works4Health: Reducing Chronic Disease Risks in Socioeconomically Disadvantaged, Unemployed Populations.**

Role: Co-Investigator

T32CA128582 (Tate) NIH/NCI 09/01/2009 - 08/31/2024  
**Cancer Health Disparities Training Program.**  
 Role: Principal Investigator

R01DK118957 (Leahey) NIH/UConn 09/01/2019 - 08/31/2024  
**Using Behavioral Economics Strategies to Address Obesity in Economically Disadvantaged Adults.**  
 Role: Subcontract PI

R01MD015033 (Zoellner) NIH/UVA 4/01/2020 - 03/31/2025  
**An RCT to evaluate the efficacy, reach, and engagement of a technology-based behavioral and health literacy intervention to reduce sugary beverages among rural Appalachian adults.**  
 Role: Subcontract PI; Co-I

R21 TBD (Nezami/Gottfredson) NIH 05/01/2021 - 04/30/2023 (NCE)  
**Building a reinforcement learning tool for individually tailoring just-in-time adaptive interventions: Extending the reach of mHealth technology for improved weight loss outcomes.**  
 Role: Co-Investigator

## COMPLETED GRANTS

R34 Not Assigned (Gilkey/Gottfredson) NIH 12/01/2020 - 11/30/2023  
**Developing a Brief Intervention for Parental Alcohol Socialization to be Delivered by Pediatric Providers: A Feasibility Study.** Role: Co-Investigator

R01CA204965 (Valle) NIH/NCI 01/01/2017 - 12/31/2022  
**Promoting Physical Activity in Young Adult Cancer Survivors Using mHealth and Adaptive Tailored Feedback Strategies.** Role: Co-Investigator

No Number (Tate) NIH/WeStat 10/1/2018 - 06/30/2021  
**Behavior Change Techniques Taxonomy and Adherence Project for the *Trans-NIH Consortium: Randomized Controlled Trials of Lifestyle Weight Loss Interventions for Genome-Wide Association Studies.***  
 Role: Principal Investigator

No Number (Tate) Office of the Vice Chancellor UNC-CH 06/01/2018 - 05/31/2021  
**Obesity Hub-Precision Weight Loss Intervention Trial.** Role: Principal Investigator

R21NR017908 (Evon) NIH/NINR 06/01/2019 - 05/31/2021  
**Pilot feasibility testing of a small randomized controlled trial to evaluate a telemedicine stress management and lifestyle group intervention for patients with symptomatic chronic hepatitis C.**  
 Role: Co-Investigator

P30DK056350-19S3 (Zeisel; Tate-Supplement) NIDDK 09/01/2019 - 08/31/2020



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**Inventory of ADOPT Core Measures in Completed Obesity Trials. Role: Supplement PI**

No Number (Tate, Deborah)      Weight Watchers International Inc. 05/16/2018 - 12/31/2020  
**Randomized Controlled Trial of an International Commercial Program on Weight Loss and Health Outcomes.** Role: Principal Investigator

R01 HL127341 (Tate, Wing, Espeland)      NIH/NHLBI 09/01/2015 - 06/31/2020  
**Study of Novel Approaches to Weight Gain Prevention-Extension (SNAP-E).** Role: Multiple PI

No Number (Tate)      University of Michigan Board of Regents 12/01/2017 - 01/31/2020  
**Adaptation of a digital weight loss intervention promoting self-regulation for use in type 2 diabetes.** Role: Principal Investigator

R01HL122144 (Tate, Deborah, Belle, Steve)      NIH/NHLBI 12/01/2014 - 11/30/2019  
**Identifying Strategies for Effective Weight Management in Diverse Interventions.** The Early Role: Multiple PI

R01DK103668 (LaRose)      NIH/NIDDK      02/01/2015 - 08/31/2019  
**Low Intensity Weight Loss for Young Adults: Autonomous vs. Extrinsic Motivation** Role: UNC Subcontract Principal Investigator

No number (Tate).      Weight Watchers International Inc.      1/17/17-10/31/18  
**Evaluation of a Commercial Program on Weight Loss and Health Outcomes**  
 Role: Principal Investigator

5P50CA180907 (Ribisl)      NIH/NCI      09/01/2013 - 08/31/2018  
**Effective Communication on Tobacco Product Risk and FDA Authority.**  
 Role: Core Director; Communication Core

No Number (Tate, Valle)      Gillings Innovation Lab (UNC-CH) 04/01/2016 – 03/31/2018  
**Precision Public Health: Enhancing Connections to Develop Just-in-Time Adaptive Intervention Strategies.** Role: Multiple PI

R01DK 095078 (Tate, Sciamanna) NIH/Penn State University 06/1/2012 - 11/30/2017  
**Impact of Weight Control Interventions in Primary Care Settings.** Role: Multiple PI

U01HL090864 (Wing, Espeland) NIH/(Miriam Hospital) 09/01/09 - 06/30/16  
**Prevention of Weight Gain in Young Adults.** Role: Subcontract/UNC Principal Investigator

R01DK087889 (Phelan)      NIH/NIDDK      07/01/2011 - 06/30/2016  
**Prevention of postpartum weight retention in low income WIC women.** Role: UNC Subcontract Principal Investigator

R21DK095189 (Nicholson)      NIH/NIDDK      04/01/2013 - 03/31/2015

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**A Transgenerational e-Intervention for Gestational Diabetics and their Offspring.** Role: Co-Investigator

No Number (Tate) UNC Lineberger Comprehensive Cancer Center 07/01/2011 - 06/31/2013

**Lose-Now-NC: Feasibility of a large group format community weight loss program coupled with Internet support.** Role: Principal Investigator

R01HL084400 (Jakicic) NIH/University of Pittsburgh 09/01/2007 - 06/30/2013

**The Effect of a Stepped Care Approach to Long-term Weight Loss.** Role: Subcontract/UNC Site Principal Investigator

No number (Tate) Nestle Water, USA 03/11/2008 - 02/28/2012

**Randomized Controlled Trial of a Beverage Reduction Intervention for Promoting Modest Weight Loss in Free Living Adults.** Role: Principal Investigator

R01HL080656 (Linnan) NIH/NHLBI 09/01/06 - 08/31/11

**Controlling Obesity Among College Employees.** Role: Co-Investigator

No number (Fisher) American Academy of Fam. Physicians Found. 10/01/2007 - 03/31/2010

**Peers for Progress: An International Collaboration for Peer Support in Diabetes Management.** Role: Co-Investigator

64438 (Tate) Robert Wood Johnson Foundation 05/01/2008 - 12/31/2009

**Presence: Predicting Sensory and Control Effects of Console Video Games in Young Adults.** Role: Principal Investigator

No Number (Tate) UNC Get Kids In Action – Dept. of Nutrition 10/01/2006 - 09/30/2008

**HealthFamilies: Comparing Internet Interventions for Parenting Skills vs. Parent Weight Loss.** Role: Principal Investigator

R01DP000102 (Linnan) Centers for Disease Control (CDC) 10/01/2004 - 09/31/2008

**Interventions to Control Obesity in Community Colleges.** Role: Co-Investigator

P20RR020649 (Popkin) NIH 09/28/2004 - 07/31/2008

**An Interdisciplinary Strategy for Obesity.** Role: Co-Investigator

R01DK60058 (Tate) NIH/NIDDK 05/01/2002 - 04/30/2007

**Enhanced Internet Behavior Therapy for Obesity Treatment.** Role: Principal Investigator

R01HL69866 (Marcus) NIH/NHLBI 12/1/2002 - 05/31/2006

**Internet Technologies to increase exercise behavior.** Role: Co-Investigator

R01DK57413 (Wing) NIH/NIDDK 07/01/20 - 06/30/2006

**Interactive Computer Intervention for Prevention of Weight Regain.** Role: Co-Investigator

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No number (Tate) US District Court, Eastern Division of Michigan 04/01/2002 - 03/31/2005  
**Evaluation of an Internet Intervention for Overweight Adolescents.** Role: Principal Investigator

No Number (Tate) American Diabetes Association 01/01/2001 - 12/31/2003  
**Development and Evaluation of an Enhanced Internet Behavioral Weight Loss Program.** Role: Principal Investigator

No number (Wing, Tate) Slimfast Foods Co 06/01/2000 - 05/31/2003  
**Development and Evaluation of a SlimFast Internet Behavioral Weight Loss Program.** Role: Co-Principal Investigator

No number (Tate) Weight Risk Investigators Study Council 08/01/1999 - 08/01/2000 **Development and Evaluation of an Internet-Based Behavioral Weight Loss Program.** Role: Principal Investigator

## GRANT CONSULTANT AND SCIENTIFIC ADVISORY BOARDS

<u>PI</u>	<u>Institute</u>	<u>Grant #</u>	<u>Title</u>
Ritterband, Lee	NICHD	R01HD028160	An Internet Intervention for Childhood Constipation and Encopresis
Cox, Daniel	NIDDK	R01DK028288	Identify Driving Risk Factors in T1DM and their Reduction via Behavioral Intervention (Internet)
Strayer, Scott	NIDDK	R41DK083178	WeightAdvisorMD: A computer-based obesity assessment and intervention tool
Green, Beverly	NHLBI	RC1HL100590	Collaborative Behavioral e-Care to Decrease Cardiovascular Risk (e-Compare)
2014 – Present	<b>Scientific Advisory Board</b> – WW (formerly Weight Watchers International)		
2018-2021	<b>External Advisory Board Member</b> , MD Anderson Assessment, Intervention Measurement Shared Resource.		
2016	<b>Advisory Board Member</b> U.S. Department of Veterans Affairs Weight Management State-of-the-Art ( SOTA) Conference		
2015	<b>External Advisory Committee Panel Member</b> Teen-Longitudinal Assessment of Bariatric Surgery (LABS), NIH		

## SERVICE

### Editorial Service

2016-2020 **Associate Editor**  
Obesity

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2007-2009            **Section Co-Editor, Annals of Behavioral Medicine**  
Special Section Co-Editor, The Science of Internet Interventions

1995 - present        **Editorial – Ad-Hoc Journal Reviewer**  
Journal of the American Medical Association (JAMA)  
Journal of Consulting and Clinical Psychology, (JCCP)  
Obesity  
Diabetes Care  
Psychological Medicine  
Behavior Therapy  
Annals of Behavioral Medicine (ABM)  
International Journal for Behavioral Nutrition & Physical Activity  
Health Psychology  
Obesity Reviews  
American Journal of Preventive Medicine (AJPM)  
Journal of Medical Internet Research (JMIR)  
Digital Health

**Service to Professional Organizations**

2012-2013            **Society for Behavioral Medicine Technology Working Group Member –**  
Advisory to SBM President Alan Christensen, Ph.D. on increasing technology presence and partnerships for SBM Annual Meeting 2013

2007, 2012, 2013    **Program Committee**  
International Society for Research on Internet Interventions (ISRII) Annual Meeting

2004, 2008, 2009    **Chair of the SBM Health Communications and Technology Track**  
Program Committee - Society of Behavioral Medicine Annual Meetings

2009- 2014            **Consultant & Advisor- MOVE (Weight Management Program for Veterans)**  
Veterans Administration National Center for Health Promotion

2003 –present        **External Grant Reviewer**  
National Organizations  
University of Nebraska  
American Institute of Biological Sciences  
Department of Defense  
  
International Organizations  
UK - National Prevention Research Initiative  
Canadian Institute of Health Research  
British Heart Foundation  
The Netherlands Organisation of Health, Research and Development (ZonMw)  
Health Research Board of Ireland

**NIH Service**

- 2019-present      **PROVE NIH Data Safety Monitoring Board Member (DSMB)**  
 PROote weight loss in obese PAD patients to preVEnt mobility loss:  
 The PROVE Trial funded by HL141729 and HL141732
- 2015- 2016,  
 2018                **National Institutes of Health Award Reviewer**  
 NIH Director’s Early Independence Award (DP5)
- 2012- 2016        **NIH Psychosocial Risk Disease Prevention (PRDP) Standing Member**  
 Term of Service: Oct 2012-June 2016
- 2009- 2015        **Intervention Committee Chair**  
**Steering Committee Member**  
 NHLBI - EARLY Trials (Early Adulthood Reduction of weight with LifesYle intervention-U01 Grant Consortium)
- 2013- 2014        **Co-Chair Trans NIH Workshop & Planning Committee Member (NCI, NIDDK, NHLBI, OBSSR) Genes, Behaviors and Response to Weight Loss Interventions**
- 2002 - present    **NIH Study Section Review Panels – AdHoc and Special Emphasis Panels**  
 2002-2004 R18 Translational grants from the Diabetes Prevention Program  
 2004 ZDK1-GRB8-M1-RO3-Small Grants in Digestive Disease & Nutrition  
 2004 RFA-HL-04-006: Overweight & Obesity Control at Worksites  
 2005 ZRG1 HOP S (50) Site Specific Approaches to Prev./Management of Pediatric Obesity.  
 2006 ZDK1-GRB8-M1-RO3-Small Grants in Digestive Disease & Nutrition  
 2010 NIH –review group member for F31 and F32 grants, March 2010  
 2010 PRDP AdHoc – May 24-25, 2010, September 2010, June 2011, January 2012  
 2010 CLTR AdHoc– June 2010  
 2015 ZRG1 F16 – March 2015 - Special Emphasis Panel/Scientific Review Group  
 2021 ZRG1 HDM M 54 – June 2021 “Digital Healthcare Interventions to Address the Secondary Health Effects Related to Social, Behavioral and Economic Impact of COVID-19 Special Emphasis Panel Meeting”
- 2000-2014        **NIH Data Safety Officer - R01DK056746 – National Institute of Diabetes and Digestive And Kidney Diseases Internet Assisted Obesity Treatment**  
 PI: Jean Harvey-Berino – University of Vermont  
 Initial grant & competing continuation
- 2006-2010        **NIH Data Safety Officer - R01-DK074721 National Institute Of Diabetes And Digestive And Kidney Diseases Reducing Snack Food Variety During Obesity Treatment PI: Hollie A. Raynor – University of Tennessee**

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## **Community Organizations**

- 2013 Nutrition Research Institute, Kannapolis, NC  
Appetite for Life Series Speaker, Community Lecture Series  
Managing Your Weight, What Really Works?
- 2012 McDougle Elementary School  
Sugar and Fat in Foods We Eat
- 2012 Chapel Hill Carrboro YMCA  
Nutrition for Competitive Swimmers

## **UNIVERSITY SERVICE**

### **School of Public Health**

- Research Council Member (2004-2008)  
Student Research Poster Contest Judge (2006-2007)

### **Lineberger Comprehensive Cancer Center (NCI funded)**

- Population Sciences Research Award Panel (2005, 2006, 2008, 2012, 2013)  
Sciences Division Member (2005-present)  
Biostatistician/Statistician Search Committee (2007-2008)  
University Research Fund Health E NC Leadership Team (2009-2018) Population  
Shared Resources Director – CHAI/Behavioral Core (2012-present)

### **UNC Nutrition Obesity Research Center (NIDDK funded)**

- Core Director - Communication for Health Applications and Interventions (CHAI) Core (2012-present)  
Internal Advisory Board (2006-present)  
Pilot Feasibility Grant Program Review Committee (2006-present)

### **UNC Interdisciplinary Obesity Center (IDOC- NIH funded) Member (2004 –2010)**

- Program Area Leader (Steering Committee 2004-2010)  
Post-doctoral Training Program Mentor & Selection Committee (2006-2010)  
Pilot Program Review Committee (2005-2007)

### **Interdisciplinary Certificate in Health Communication**

- SPH representative (2010-2019)  
Steering Committee Member (2005-2019)

### **Health Behavior Department**

- Faculty Search Committee (2006-2007, 2014, 2016)  
Doctoral Comprehensive Exam Committee (2006-2013, 2018, 2019)  
Doctoral Program Committee (2006-2013)  
Gillings Appointment Promotions and Tenure Committee Representative (APT) (2020-2022)

### **Nutrition Department**

Doctoral Comprehensive Exam Committee/Examiner (2007- 2017, 2020, 2023, 2024)  
Intervention & Policy Division Member (2004-2017)  
Faculty Search Committee (2007, 2010, 2013)  
Doctoral Program Committee (2012-present)  
NRI Director Interview Committee (Fall 2020)  
Chair Search Committee (Fall 22-Spr 23)

### **Inclusive Excellence Trainings**

#### Trainings and Service

These activities have facilitated ongoing introspection and action with respect to inclusive excellence:

June, 2020	Groundwater Training, Racial Equity Institute (3 hours)
April, 2020	Equity in Teaching workshop Health Behavior Department (4 hours)
October, 2020	What Are My Biases? Implicit Bias Inventory and Dialogue with Vickie Suggs-Jones, PhD, Nutrition Department (1 hour)
December, 2020	Faculty retreat on anti-racism, micro-aggressions, positionality, critical race praxis, and equity on assignments, Health Behavior Department (6 hours)
December, 2020	Phase 1 training – Racial Equity Institute (2 days, 16 hours)
Jan-April, 2021	Planning Committee Weight Bias and Stigma Awareness– Faculty Lead (15 hours)
April, 2021	Weight Stigma Awareness Seminar Series & Workshop with Dr. Rebecca Pearl, Department of Nutrition (2 hours)
April, 2021	Managing Bias in the Workplace, UNC Compliance Training (0.5 hours)
May 2023	Nutrition – Inclusive Excellence Retreat Session (2.5 hours)