

Heather M. Wasser, PhD, MPH, RD

Assistant Professor | Department of Nutrition | Gillings School of Global Public Health
University of North Carolina at Chapel Hill
2002 Michael Hooker Research Center, CB #7461
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EDUCATION

- 2012 PhD, Nutrition
Department of Nutrition, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC
Dissertation: *Non-maternal Involvement in Feeding and the Development of Obesogenic Diets among Infants and Toddlers*
- 2011 International Board Certified Lactation Consultant (IBCLC) Credential (expired)
Carolina Global Breastfeeding Institute, Department of Maternal and Child Health, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC
- 2003 MPH, Nutrition
Department of Nutrition, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC
Masters Paper: *The North Carolina BEAUTY (Bringing Education and Understanding to You) and Health Project: Creating Relevant Health Messages for Local African-American Women*
- 2001 Registered Dietitian (RD) Credential
Division of Nutritional Sciences, Cornell University, Ithaca, NY
Dietetic Registration: 916923
- 2000 BS, Dietetics
Department of Human Environmental Sciences, Fontbonne University, St. Louis, MO

PROFESSIONAL EXPERIENCE

Academic Positions

- 2017-present Fellow, Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill, Chapel Hill, NC
- 2016-present Faculty Mentor, Leadership Education in Neurodevelopmental and Related Disabilities (LEND) Program, Carolina Institute for Developmental Disabilities, University of North Carolina at Chapel Hill, Chapel Hill, NC

2016-present	Assistant Professor, Department of Nutrition, Gillings School of Global Public Health, University of North Carolina at Chapel Hill
2013-2017	Project Director, Mothers and Others: Family-based Obesity Prevention for Infants and Toddlers, Center for Women's Health Research, School of Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC
2007-2012	Graduate Research Assistant, Department of Nutrition, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC
2002-2003	Graduate Research Assistant, Department of Nutrition, University of North Carolina, Chapel Hill, NC

Non-Academic Nutrition Positions

2007-2013	Nutrition Consultant, Nutrition Services Branch, North Carolina Department of Health and Human Services, Division of Public Health, Raleigh, NC
2004-2007	Project Coordinator, Child Care Nutrition Consultation Project, Durham County Health Department, Durham, NC
2003-2004	Community Development Specialist, Winner's Circle Healthy Dining Project, Physical Activity and Nutrition Branch, North Carolina Department of Health and Human Services, Division of Public Health, Raleigh, NC
2001-2002	Clinical Dietitian, Strong Memorial Hospital, Rochester, NY

HONORS AND AWARDS

2024	International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Building Future Leaders Program
2024	Gillings Research Excellence Award
2018-2020	NIH Pediatric Loan Repayment Program
2017-2024	NIH/NIDDK Research Scientist Development Award
2011	American Dietetic Association Foundation, Geraldine M. Piper Memorial Scholarship
2008-2011	Pre-doctoral Traineeship in Maternal and Child Obesity, Interdisciplinary Obesity Center, University of North Carolina at Chapel Hill
2005	GlaxoSmithKline Public Health/Child Health Recognition Award
2002-2003	Maternal and Child Health Traineeship, Department of Nutrition, University of North Carolina at Chapel Hill
2003	Mildred Kaufman Student Prize, Department of Nutrition, University of North Carolina at Chapel Hill

1999-2000 Adelaide G. Heverly-Wells Endowed Scholarship, Department of Human Environmental Sciences, Fontbonne University

MEMBERSHIPS*

2024-present North Carolina Breastfeeding Coalition
2022-present Appalachian Breastfeeding Network
2017-present Society of Behavioral Medicine
2008-present International Society for Behavioral Nutrition and Physical Activity
2008-present American Society for Nutrition

*Current memberships by the first year joined, not necessarily active all years

BIBLIOGRAPHY

Refereed Journal Articles

*denotes student or mentee

1. Thompson KL, Clarke EC, **Wasser H**, Schenkelberg MA, Agrawal S, Willis EA. Complementary feeding practices of caregivers of infants with Down syndrome as compared to caregivers of typically developing infants. *Appetite*. 2024 Apr 16;198:107356.
2. Bernate Angulo SV*, Nezami BT, Martin SL, Kay MC, Richardson TN, **Wasser HM**. Concordance in dietary intake among caregivers and infants during the period of complementary feeding: A scoping review. *Appetite*. 2024 Mar 1;194:107178.
3. Schenkelberg MA, Clarke EC, **Wasser H**, Ward DS, Essenmacher MM*, Thompson KL, Willis EA. A call for obesity prevention interventions for young children with intellectual and developmental disabilities. *Transl Behav Med*. 2023 Jul 13:ibad043.
4. Graf MD*, **Wasser H**, Lynn MR, Karp SM, Lutenbacher M, Hodges EA. Parental food selection questionnaire - Infant version. *Appetite*. 2023 Jul 1;186:106548.
5. Nicholas KM, Thompson AL, **Wasser HM**, Bentley ME. Healthy home food environments of pregnant Black women are shaped by food outlet access and participation in nutrition assistance programs. *Am J Hum Biol*. 2023 Apr 6:e23903.
6. Carr T*, Thompson AL, Benjamin-Neelon SE, **Wasser HM**, Ward DS. Confirmatory factor analysis of the infant feeding styles questionnaire in infant and toddler child care teachers. *Appetite*. 2023 Apr 1;183:106449.
7. Seiger ER, **Wasser HM**, Hutchinson SA, Foster G, Sideek R, Martin SL. Barriers to Providing Lactation Services and Support to Families in Appalachia: A Mixed-Methods Study With Lactation Professionals and Supporters. *Am J Public Health*. 2022 Oct;112(S8):S797-S806.
8. 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.

9. 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 Aug 12; 1-11.
10. Graf MD*, Lutenbacher M, **Wasser H**, Dietrich MS, Karp SM. Choking, allergic reactions, and pickiness: A qualitative study of maternal perceived threats and risk avoidance strategies during complementary feeding. *Appetite*. 2022 Apr 1;171:105914.
11. Nulty A*, Thompson AL, **Wasser HM**, Bentley ME. Directionality of the associations between bedsharing, maternal depressive symptoms, and infant sleep: the importance of maternal health during the first 15 months of life. *Sleep Health*. 2022 Feb;8(1):39-46.
12. Johnson B, Hunter K, Golley R, Chadwick P, Barba A,...**Wasser H**...Unpacking the behavioural components and delivery features of early childhood obesity prevention interventions in the TOPCHILD Collaboration: a systematic review and intervention coding protocol. *BMJ Open*. 2022 Jan 20;12(1):e048165.
13. Hunter K, Johnson B, Askie L, Golley R, Baur L,...**Wasser H**...Transforming Obesity Prevention for CHILDren (TOPCHILD) Collaboration: protocol for a systematic review with individual participant data meta-analysis of behavioural interventions for the prevention of early childhood obesity. *BMJ Open*. 2022 Jan 20;12(1):e048166.
14. Thompson A, **Wasser H**, Bentley M. Feeding style profiles are associated with maternal and infant characteristics and infant feeding and weight outcomes in African American infants. *Appetite*. 2021 May 1;160:105084.
15. Graf MD*, Karp SM, Lutenbacher M, **Wasser H**, Bushaw A, Dietrich MS. Clinical strategies for addressing obesity in infants and toddlers. *Nurse Pract*. 2021 Feb 1;46(2):28-33.
16. **Wasser HM**, Valle CG, Tate DF. Optimizing behavioral interventions for obesity using an engineering-inspired approach. *Obesity (Silver Spring)* 2020 Sep;28(9):1574.
17. **Wasser HM**, Thompson AL, Suchindran CM, Hodges EA, Goldman BD, Perrin EM, Faith MS, Bulik CM, Heinig MJ, Bentley ME. Home-based intervention for non-Hispanic Black families finds no significant difference in infant size or growth: Results from the Mothers & Others randomized controlled trial. *BMC Pediatr*. 2020 Aug 18;20(1):385.
18. Bahorski J, Childs GD, Loan LA, Azuero A, Rice MH, Chandler-Laney PC, Hodges EA, **Wasser HM**, Thompson AL, Bentley ME. Parental self-efficacy in new mothers predicts infant growth. *West J Nurs Res*. 2020 Apr;42(4):254-261.
19. Thompson A, **Wasser H**, Bentley M. Validation of the infant feeding beliefs questionnaire (IFBQ) among pregnant African-American women and their study partners. *Appetite*. 2019 Oct 1;141:104316.
20. Chetwynd E, **Wasser HM**, Poole C. Breastfeeding support interventions by International Board Certified Lactation Consultants: a systematic review and meta-analysis. *J Hum Lact*. 2019 Aug;35(3):424-440.

21. Tallis H, Kreis K, Olander L, Ringler C... **Wasser H**, et al. Aligning evidence generation and use across health, development, and environment. *Curr Opin Environ Sustain*. 2019 Aug;39: 81-93.
22. Creed-Kanashiro H, **Wasser HM**, Bartolini R, Goya C, Bentley ME. Formative research to explore the acceptability and use of infant food grinders for the promotion of animal source foods and micronutrient powders in rural Peru. *Matern Child Nutr*. 2018 Oct;14(4):e12600
23. Barrett KJ, **Wasser HM**, Thompson AL, Bentley ME. Contributions of nonmaternal caregivers to infant feeding in a low-income African-American sample. *Matern Child Nutr*. 2018 Oct 25:e12610.
24. Bailey C, Garg V, Kapoor D, **Wasser H**, Prabhakaran D, Jaacks LM. Food choice drivers in the context of the nutrition transition in delhi, india. *J Nutr Educ Behav*. 2018 Jul-Aug 27. pii: S1499-4046(18)30195-7.
25. Kay MC, **Wasser H**, Adair L, Thompson A, Siega-Riz AM, Suchindran C, Bentley M. Consumption of obesogenic foods in non-Hispanic Black mother–infant dyads. *Matern Child Nutr*. 2018 Jan;e12482
26. **Wasser HM**, Thompson AL, Suchindran CM, Hodges EA, Goldman BD, Perrin EM, Faith MS, Bulik CM, Heinig MJ, Bentley ME. Family-based obesity prevention for infants: Design of the “Mothers & Others” randomized trial. *Contemp Clin Trials*. 2017 Sep;60:24-33
27. Kay MC, **Wasser H**, Adair L, Thompson A, Siega-Riz AM, Suchindran C, Bentley M. Consumption of key food groups during the postpartum period in low-income, non-Hispanic Black mothers. *Appetite*. 2017 Oct;117:161-167
28. **Wasser HM**, Heinig MJ, Tully KP. The importance of the baby-friendly hospital initiative. *JAMA Pediatr*. 2017 Mar;171(3):304-305. doi: 10.1001/jamapediatrics.2016.4823
29. Hodges EA, **Wasser HM**, Colgan B, Bentley ME. Development of feeding cues during infancy and toddlerhood. *MCN Am J Matern Child Nurs*. 2016 Jul/Aug;41(4):244-251.
30. Bentley ME, Johnson SL, **Wasser H**, Creed-Kanashiro H, Shroff M, Rao SF, Cunningham M. Formative research methods for designing culturally appropriate, integrated child nutrition and development interventions: an overview. *Ann N Y Acad Sci*. 2014 Jan;1308:54-67.
31. **Wasser HM**, Thompson AL, Siega-Riz AM, Adair LS, Hodges EA, Bentley ME. Who’s feeding baby? Non-maternal involvement in feeding and its association with intakes of obesity-related foods among infants and toddlers. *Appetite*. 2013 Dec;71:7-15.
32. Bentley ME, **Wasser HM**, Creed-Kanashiro. Responsive feeding and child undernutrition in low- and middle-income countries. *J Nutr*. 2011 Mar;141(3):502-7.

33. **Wasser HM**, Bentley ME, Borja JB, Goldman BD, Adair LS, Thompson AL, Slining M. Infants perceived as 'fussy' are more likely to receive complementary foods before 4 months. *Pediatrics*. 2011 Feb;127(2):229-37.

Book Chapters

1. **Wasser HM**. (2015) Global perspectives on the promotion, protection, and support of breastfeeding. In Stein, N. (Ed.) *Public health nutrition: principles and practice in community and global health* (pp. 153-174). Burlington, MA: Jones & Bartlett Learning.
2. Ward DS, Erinosh TO, **Wasser HM**, Munoz PM. (2013) Family-Centered Interventions to Reduce Maternal and Child Obesity. In Nicholson W, Baptiste R. (Eds.) *Obesity During Pregnancy in Clinical Practice* (pp. 297-335). London, UK: Springer.

Refereed Oral Presentations

1. Woods Barr A*, Thompson AL, Brinson AK*, Hodges EA, Kay MC, Mackessy JA, Alick CL, Graf MD*, Richardson TN, Skinner H, Heinig MJ, **Wasser HM**. Effect of anticipatory guidance about infant behavior on breastfeeding outcomes: results from the Mothers & Others randomized controlled trial. *International Society for Behavioral Nutrition and Physical Activity*, Omaha, NE, May 2024.
*****shortlisted for a SIG award, only the top three submissions were selected**
2. Kay MC, Brinson AK*, Richardson TN, Graf MD*, Skinner HG, Woods Barr A*, Thompson AL, **Wasser HM**. The impact of a family-based, multi-component randomized controlled obesity prevention intervention on infant diet quality. *International Society for Behavioral Nutrition and Physical Activity Annual Meeting*, Omaha, NE, May 2024.
3. Kay MC, Angulo S*, Nezami B, Martin S, Richardson T, **Wasser H**. Concordance in dietary intake among caregivers and infants during the period of complementary feeding: A scoping review. *Society for Behavioral Nutrition and Physical Activity*, Omaha, NE, May 2024.
4. **Wasser H**, Nezami B, Valle C, Tate D. Optimizing a just-in-time adaptive intervention for weight loss: rationale and design of the AGILE study. 2A (Symposium): The Why and How of Intervention Optimization: Examples of Projects using the Multiphase Optimization Strategy (MOST). *International Congress of Behavioral Medicine*. Vancouver, Canada. August, 2023
5. Valle G, Nezami B, **Wasser H**, Hatley K, Diamond M, Polzien K, Gottfredson N, Tate D. Using micro-randomized trials to optimize just-in-time-adaptive intervention messaging to promote daily adherence to weight-related behaviors in young adults. 2A (Symposium): The Why and How of Intervention Optimization: Examples of Projects using the Multiphase Optimization Strategy (MOST). *International Congress of Behavioral Medicine*. Vancouver, Canada. August, 2023

6. Johnson B, Valle C, Haszard J, **Wasser H** (Discussant). Enhancing the design of interventions to change health behaviours. *International Society of Behavioral Nutrition and Physical Activity*, Uppsala, Sweden, June 2023.
7. Valle G, Nezami B, **Wasser H**, Hatley K, Diamond M, Polzien K, Gottfredson N, Tate D. Designing micro-randomized trials to optimize just-in-time-adaptive intervention messaging to improve adherence to weight-related behaviors in young adults. *International Society of Behavioral Nutrition and Physical Activity*, Uppsala, Sweden, June 2023.
8. **Wasser H**, Collins LM. An Introduction to the Multiphase Optimization Strategy (MOST): Basic Principles and Interdisciplinary Applications. Preconference workshop. *Society of Behavioral Medicine*, Phoenix, AZ, April 2023.
9. Martin S, **Wasser H**, Rivera A, Headley I*, Seiger E, Lis C, Kay M, Broadwell K. WIC breastfeeding peer counselors' experiences and recommendations for change: Perspectives from North Carolina during COVID-19. *American Public Health Association*, Boston, MA, 2022.
10. Nicholas K, Thompson AL, **Wasser H**, Bentley ME. Community food environments, enrollment in WIC, and household availability of fresh fruits and vegetables among African-American mother-infant pairs in North Carolina. *Human Biology Association* (virtual), 2021.
****Phyllis Eveleth Award Winner*
11. **Wasser H**, Guastaferrero K, Estabrooks P, Bennett G, Gwadz M. Compatibilities between the Multiphase Optimization Strategy and Implementation Science: An open discussion, *Society of Behavioral Medicine* (virtual), 2021.
12. Sieger E, Sideek R, Foster G, **Wasser H**, Carroll S, Martin S. Facilitators and barriers to providing breastfeeding and lactation support to families in Appalachia: Perspectives of lactation professionals and supports. *Appalachian Translational Research Network Summit* (virtual), September 2020.
13. Graf M*, Karp S, Lutenbacher M, **Wasser H**, & Dietrich M. Maternal perceptions and the infant feeding environment. *CANS State of the Science Congress on Nursing Research*. Washington, DC, September 2020.
14. **Wasser HM**, Bentley ME. Symposium: Preventing Obesity in Infancy: Updates on Early Interventions. *International Congress of Infant Studies*, Philadelphia, PA, 2018.
15. **Wasser HM**, Bentley ME. Determinants of breastfeeding intention: a theory of planned behavior analysis. *International Society for Behavioral Nutrition and Physical Activity*, Victoria, Canada, 2017.
16. **Wasser H**, Thompson A, Bentley M. Longitudinal assessment of obesogenic dietary intakes among infants and toddlers using age-adjusted serving sizes: a novel method with promising implications. *International Society for Behavioral Nutrition and Physical Activity*, Austin, TX, 2012.

17. Bentley M, **Wasser H**, Creed-Kanashiro H. Responsive feeding and infant growth: evidence from low- and middle-income countries. *American Society for Nutrition*. Anaheim, CA, 2010.

Refereed Poster Presentations

1. Headley I*, **Wasser H**, Ocampo-Ordóñez MB, Thompson AL. Associations Between BMI and Child Diet in the Galápagos: A Comparison of a-priori and a-posteriori Dietary Pattern Approaches. *American Society for Nutrition*, Chicago, IL, June/July 2024.
2. Woods Barr AL*, **Wasser H**, Nichols HB, Deal AM, Kushi LH, Chao CR, Valle CG. Behavioral Profile and Programming Needs of Female Adolescent and Young Cancer Survivors: Results from the Horizon Survey. *American Society of Preventive Oncology*, Chicago, IL 2024, March 2024
3. Ocampo-Ordóñez MB, Headley I*, **Wasser H**, Román-Sánchez AC. Percepción sobre la importancia de consejos nutricionales en la consulta privada de médicos en Sistemas Médicos USFQ (SIME-USFQ)-Quito. *Sociedad Latinoamericana de Nutrición*, October 2023.
4. Thompson AL, Nicholas K, Miller JD, Bentley ME, Ocampo Ordoñez MB, **Wasser HM**, Teran E. Maternal and child diet quality in a dual burden context. *American Society for Nutrition*, Boston, MA July 2023.
5. **Wasser H**. Optimizing Infant Diet: Design Considerations and User Testing in the Growing Healthy Together Study. *International Society of Behavioral Nutrition and Physical Activity*, Uppsala, Sweden, June 2023.
6. Long AM, **Wasser HM**, Bentley ME, Thompson AL. Comparing the Relationship between Neighborhood-Level and Individual-Level Measures of Socioeconomic Adversity on Maternal Prenatal Depressive Symptoms. *Human Biology Association*, Reno, NV, April 2023.
7. Graf M*, **Wasser H**, Lynn M, Karp S, Lutenbacher M, Hodges E. Development and Psychometric Testing of the Infant Food Choice Questionnaire. Poster. *Society for Research in Child Development*. Salt Lake City, UT, March 2023.
8. KM Nicholas, AL Thompson, **HM Wasser**, ME Bentley. Community and household food environment associations among pregnant Black women in North Carolina. *Human Biology Association* (virtual), 2021.
9. J Carrier, A Nulty, KM Nicholas, AL Thompson, **HM Wasser**, ME Bentley. Socioeconomic Determinants of Breastfeeding Intentions and Duration Among African American Women in Central North Carolina. *Human Biology Association* (virtual), 2021.
10. Nulty A*, Thompson AL, **Wasser HM**, Bentley ME. Trajectories of infant diet profiles among non-Hispanic black infants in central North Carolina. *American Public Health Association*, Denver, CO, October 2021.

11. Nulty A*, Thompson AL, **Wasser HM**, Bentley ME. Maternal-infant bed-sharing associated with maternal depression and perception of infant sleep. *American Society for Nutrition* (virtual), 2020.
12. Nicholas K, Thompson AL, **Wasser H**, Bentley ME. Spatial and Social Determinants of Household Food Environments in Central North Carolina. *American Society for Nutrition*, (meeting canceled due to COVID-19), 2020.
13. **Wasser HM**, Thompson AL, Bentley ME. Social support in an early life obesity prevention trial: Who do women choose as their study partner? *International Society of Behavioral Nutrition and Physical Activity*, Prague, Czech Republic, 2019.
14. **Wasser HM**, Thompson AL, Bentley ME. Home-based intervention among non-Hispanic black families finds no significant difference in growth at 15 months: Results from the 'Mothers & Others' randomized trial. *American Society for Nutrition*, Baltimore, MD, 2019.
15. Thompson AL, **Wasser HM**, Nulty A*, Bentley ME. Feeding Style Patterns are relatively stable across infancy and are associated with feeding and weight outcomes in African American infants. *American Society for Nutrition*, Baltimore, MD, 2019.
16. **Wasser HM**, Thompson AL, Bentley ME. Social support in an early life obesity prevention trial: Who do women choose as their study partner? *International Society for Behavioral Nutrition and Physical Activity*, Prague, Czech Republic, 2019.
17. Hodges EA, **Wasser HM**, Goldman BD, Vargas A, Bentley ME. The Relationship of Depression and Household Chaos with Breastfeeding Intentions among African-American Women. *Pediatric Academic Societies*, Toronto, Canada, 2018.
18. Kay MC, **Wasser H**, Adair LS, Thompson A, Siega-Riz AM, Suchindran C, Bentley M. Barriers and Facilitators to Healthy Eating Postpartum Among Non-Hispanic Black Mothers. *Society of Behavioral Medicine*, New Orleans, LA, 2018.
19. **Wasser HM**, Rini C. Determinants of partner support for physical activity: A couples-focused analysis among older adults with osteoarthritis. *Society of Behavioral Medicine*, San Diego, CA, 2017.
20. KJ Barrett, AL Thompson, **HM Wasser**, ME Bentley. The influence of caregiver feeding styles on infant dietary outcomes. *Human Biology Association*. Atlanta, GA, 2016.
21. **Wasser HM**, Bentley ME. Mothers and Others: designing a randomized trial to prevent obesity among infants and toddlers. *American Society for Nutrition*. Boston, MA, 2015.
22. **Wasser H**, Hamilton J., Bentley M. Do caregivers of infants and toddlers in child care settings practice responsive feeding? *The Obesity Society*, Washington, DC, 2009.
23. **Wasser H**, Bentley M. Does maternal return to work or school influence infant feeding decisions: A qualitative study of low-income African American mothers.

International Society for Behavioral Nutrition and Physical Activity. Lisbon, Portugal, 2009.

Invited Presentations

1. Kay MC and **Wasser HM**. Nutrition in the First 1,000 Days. Piedmont AHEC. June 11, 2024.
2. **Wasser HM** and Martin SL. Sharing Research Aimed at Improving Infant Nutrition & Growth. Military WIC Office Council (MWOC). March 6, 2024.
3. Bentley ME and **Wasser HM**. Determinants and Prevention of Infant and Toddler Obesity: A 20 Year Perspective. Avanelle Kirksey Lecture. Purdue University. October 27, 2023.
4. **Wasser HM**. Optimizing family-based behavioral interventions to promote healthy eating among young children. Frank Porter Graham Seminar Series. September 7, 2022.
5. Graf M and **Wasser HM**. Choking, allergic reactions, and pickiness: a qualitative study of maternal perceived threats and risk avoidance strategies during complementary feeding. UNC Hospital Pediatric Feeding Team. March 16, 2022
6. Tate D. and **Wasser HM**. Tailoring Weight Loss Interventions - Behavioral Change Taxonomy. Trans-NIH Consortium: Randomized Controlled Trials of Lifestyle Weight Loss Interventions for Genome-Wide Association Studies. August 27, 2021
7. **Wasser HM**. Illustration of the multiphase optimization strategy (MOST) for improving infant diet: Evolution of the Growing Healthy Together Study. Pediatric Academic Society. May 2021.
8. Guastaferro K and **Wasser HM**. Getting optimization work funded in your career stage. SBM Behavior Change Grand Rounds Webinar. May 2021
9. Michie S. and Collins L. (Presenters). **Wasser HM**. (Facilitator and Moderator). Integrating the multiphase optimization strategy and the behavior change intervention ontology. SBM Behavior Change Grand Rounds Webinar. February 2020.
10. **Wasser HM**. Panelist, NIH K01 Virtual Workshop, Gillings School of Global Public Health, September 2020
11. **Wasser HM**. Optimizing family-based behavioral interventions to promote healthy eating among young children. Dean's Lunch, Gillings School of Global Public Health. January 2020
12. **Wasser HM**. Associate Instructor and Presenter, NIH Training on Optimization of Behavioral and Biobehavioral Interventions, Bethesda, MD, May 13-17, 2019
13. **Wasser HM**. An intervention with promise for improving breastfeeding outcomes among African-American women. Presentation at the 23rd Annual Art of Breastfeeding Conference: Weaving A Tapestry of Breastfeeding Support, Raleigh, NC, 2013.

14. **Wasser HM.** An intervention with promise for improving breastfeeding outcomes among African-American women. Presentation at the 8th Annual Breastfeeding and Feminism Symposium, Chapel Hill, NC, 2013.
15. Bentley M, Thompson A, **Wasser HM.** Maternal beliefs and behaviors about infant feeding. Oral presentation at NIH/NIDDK, Workshop on Prevention of Obesity in Infancy and Early Childhood. Bethesda, MD, October 2013.
16. Bentley M., **Wasser HM.** Formative research methods for designing culturally appropriate, integrated child nutrition and development interventions: an overview. Oral presentation at the New York Academy of Sciences, Every Child's Potential: Integrating Nutrition and Early Childhood Development Interventions. New York, NY, April 2013.

TEACHING

Instructor

2024-2025 Academic Year

Department of Nutrition, UNC Chapel Hill, 2024 Fall, Course: NUTR 711 Nutrition Across the Lifecycle (lead instructor), TBD students

2023-2024 Academic Year

Department of Nutrition, UNC Chapel Hill, 2022 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 1 student: Tatem Blackburn

2022-2023 Academic Year

Department of Nutrition, UNC Chapel Hill, 2022 Fall, Course: NUTR 711 Nutrition Across the Lifecycle (lead instructor), 54 students

Department of Nutrition, UNC Chapel Hill, 2022 Fall, Course: NUTR 611 Food and Your Life Stages (co-instructor), 60 students

Department of Nutrition, UNC Chapel Hill, 2022 Summer I, Course: NUTR 711-973A Nutrition Across the Life Cycle (2U online lead), 13 students

Department of Nutrition, UNC Chapel Hill, 2022 Summer I, Course: NUTR 711-973B Nutrition Across the Life Cycle (2U online lead), 15 students

Department of Nutrition, UNC Chapel Hill, 2022 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 1 student: Allyson Latvala

2021-2022 Academic Year

Department of Nutrition, UNC Chapel Hill, 2022 Summer I, Course: NUTR 711-973A Nutrition Across the Life Cycle (2U online lead), 14 students

Department of Nutrition, UNC Chapel Hill, 2022 Summer I, Course: NUTR 711-973B Nutrition Across the Life Cycle (2U online lead), 15 students

Department of Nutrition, UNC Chapel Hill, 2022 Spring, Course: NUTR 711-973A Nutrition Across the Life Cycle (2U online lead), 13 students

Department of Nutrition, UNC Chapel Hill, 2022 Spring, Course: NUTR 711-973B Nutrition Across the Life Cycle (2U online lead), 13 students

Department of Nutrition, UNC Chapel Hill, 2022 Spring, Course: NUTR 692H Honors Research in Nutrition, 1 student: Daysia Jackson-Antrum

Department of Nutrition, UNC Chapel Hill, 2021 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 49 students

Department of Nutrition, UNC Chapel Hill, 2021 Fall, Course: NUTR 692H Honors Research in Nutrition, 1 student: Daysia Jackson-Antrum

2020-2021 Academic Year

Department of Nutrition, UNC Chapel Hill, 2021 Spring, Course: NUTR 692H Honors Research in Nutrition, 1 student: Sara Bernate Angulo

Department of Nutrition, UNC Chapel Hill, 2020 Fall, Course: NUTR 692H Honors Research in Nutrition, 1 student: Sara Bernate Angulo

Department of Nutrition, UNC Chapel Hill, 2020 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 1 student: Daysia Jackson-Antrum

Department of Nutrition, UNC Chapel Hill, 2020 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 33 students

2019-2020 Academic Year

Department of Nutrition, UNC Chapel Hill, 2020 Spring, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 2 students: Sarah Fatima, Sara Bernate Angulo

Department of Nutrition, UNC Chapel Hill, 2019 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 2 students: Sarah Fatima, Sara Bernate Angulo

Department of Nutrition, UNC Chapel Hill, 2019 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 49 students

2018-2019 Academic Year

Department of Nutrition, UNC Chapel Hill, 2018 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 1 student

Department of Nutrition, UNC Chapel Hill, 2018 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 59 students

2017-2018 Academic Year

Department of Nutrition, UNC Chapel Hill, 2018 Spring, Course: NUTR 993 Master's Research and Thesis, 1 student: Kayla Boley

Department of Nutrition, UNC Chapel Hill, 2018 Spring, Course: NUTR 910 Nutrition Research, 1 student: Kayla Boley

Department of Nutrition, UNC Chapel Hill, 2017 Fall, Course: NUTR 910 Nutrition Research, 1 student: Kayla Boley

Department of Nutrition, UNC Chapel Hill, 2017 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 60 students

2016-2017 Academic Year

Department of Nutrition, UNC Chapel Hill, 2017 Summer Session II, Course: NUTR 910 Nutrition Research, 1 student

Department of Nutrition, UNC Chapel Hill, 2017 Summer Session I, Course: NUTR 910 Nutrition Research, 1 student

Department of Nutrition, UNC Chapel Hill, 2017 Spring, Course: NUTR 747 Issues in Global Nutrition, 7 students

Department of Nutrition, UNC Chapel Hill, 2017 Spring, Course: NUTR 692H Honors Research in Nutrition, 1 student: Kayla Boley

Department of Nutrition, UNC Chapel Hill, 2016 Fall, Course: NUTR 611 Nutrition Across the Life Cycle (co-instructor), 50 students

Department of Nutrition, UNC Chapel Hill, 2016 Fall, Course: NUTR 745 International Nutrition (co-instructor), 17 students

Department of Nutrition, UNC Chapel Hill, 2016 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 2 students

Department of Nutrition, UNC Chapel Hill, 2016 Fall, Course: NUTR 295 Undergraduate Research Experience in Nutrition, 2 students: Kayla Boley, Catherine Royston

Guest Lectures

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. March 2024. Title: Optimizing Family-Based Behavioral Interventions to Promote Healthy Eating Among Young Children.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 723 Community Nutrition. November 2023. Title: Program Evaluation Q&A.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. March 2023. Title: Optimizing Family-Based Behavioral Interventions to Promote Healthy Eating Among Young Children.

Department of Health Behavior, UNC Chapel Hill. Course: HBEH 749 mHealth for Behavior Change. November 2022. Title: Using MOST to Optimize mHealth Interventions.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. February 2022. Optimizing Family-Based Behavioral Interventions to Promote Healthy Eating Among Young Children.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 723 Community Nutrition. November 2021. Title: Program Evaluation Q&A.

Department of Health Behavior, UNC Chapel Hill. Course: HBEH 749 mHealth for Behavior Change. October 2021. Title: Multiphase Optimization Strategy (MOST)

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. February 2021. Improving Infant Diet: Illustration of the Multiphase Optimization Strategy (MOST)

Department of Health Behavior, UNC Chapel Hill. Course: HBEH 749 mHealth for Behavior Change. October 2020. Title: Multiphase Optimization Strategy (MOST)

Department of Maternal and Child Health, UNC Chapel Hill. Course: MHCH 701 Foundations of Maternal and Child Health. April 2020. Title: Role of Nutrition to Long-Term Health: Recommendations, Intake Patterns, And Early Life Influences.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. March 2020. Improving Infant Diet: Illustration of the Multiphase Optimization Strategy (MOST)

Department of Nutrition, UNC Chapel Hill. Course: NUTR 723 Community Nutrition. October 2019. Title: M5U5 Designing Evaluations.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 770 Clinical Trials in Nutrition. March 2019. Illustrations of Early Life Obesity Interventions and Method Advances.

College of Veterinary Medicine, North Carolina State University. Course: Global Health Challenges. November 2018. Title: Overview of Maternal and Child Nutrition – The First 1,000 Days.

Department of Nutrition, UNC Chapel Hill. Course: NUTR 723 Community Nutrition. October 2018. Title: M5U5 Designing Evaluations.

Department of Maternal and Child Health, UNC Chapel Hill. Course: MHCH 701 Foundations of Maternal and Child Health. March 2018. Title: Childhood Obesity.

College of Veterinary Medicine, North Carolina State University, Raleigh, NC. Course: Global Health Challenges. November 2017. Title: Overview of Maternal and Child Nutrition – The First 1,000 Days

Department of Maternal and Child Health, UNC Chapel Hill. Course: MHCH 701 Foundations of Maternal and Child Health. March 2017. Title: Childhood Obesity.

Department of Maternal and Child Health, UNC Chapel Hill. Course: MHCH 701 Foundations of Maternal and Child Health. March 2016. Title: Childhood Obesity.

Department of Maternal and Child Health, UNC Chapel Hill. Course: MHCH 701 Foundations of Maternal and Child Health. March 2015. Title: Early Childhood Obesity and Policy.

Teaching Assistant

Department of Nutrition, UNC Chapel Hill. Course: NUTR 240 Introduction to Human Nutrition. Fall 2011

Department of Nutrition, UNC Chapel Hill. Course: NUTR 611: Nutrition of Women, Infants and Children. Fall 2009

Department of Nutrition, UNC Chapel Hill. Course: NUTR 720: Public Health Nutrition Management I. Fall 2003

STUDENT MENTORING AND ADVISING

Graduate Students

Doctoral Advisor/Chair

Ivonne Headley, Department of Nutrition, UNC Chapel Hill (2023-present)

Dissertation Committee Member

Tara Carr, Department of Nutrition, UNC Chapel Hill (2023) A mixed methods formative research study of factors associated with infant and toddler childcare providers' feeding styles.

Michelle Graf, School of Nursing, Vanderbilt University (2021) The Relationships of Maternal Perceptions, Psychosocial, and Sociodemographic Factors with Complementary Infant Feeding Practices.

Masters Thesis/Paper Advisor

Pat Balmediano, Department of Nutrition, UNC Chapel Hill (2021) Gestational Diabetes Mellitus: An Analysis of Systematic Reviews and Qualitative Studies

Sarah Ondrish, Department of Nutrition, UNC Chapel Hill (2021) An Eating Disorder Professional Development Toolkit for Registered Dietitians

Justine Macfarlane, Department of Nutrition, UNC Chapel Hill (2021) The Association Between Nutrition Interventions Required for Pediatric Patients with Cystic Fibrosis and the Development of Feeding Disorders

Yue Sha, Department of Nutrition, UNC Chapel Hill (2021) Implication of Bariatric Surgery for Breastfeeding: Maternal Nutrition, Milk Composition, and Milk Production—A Care Guide Review for Registered Dietitians and Lactation Consultants

Le Vena Tan, Department of Nutrition, UNC Chapel Hill (2021) Overview Of Responsive Feeding and Emerging Approaches in the Treatment of Avoid/Restrictive Food Intake Disorder (ARFID)

Abigail Rollison, Department of Nutrition, UNC Chapel Hill (2021) Integrating an Intuitive Eating and Health at Every Size Framework into Eating Disorder Nutrition Counseling: A Case Report

Kathryn Brooks Gillerlain, Department of Nutrition, UNC Chapel Hill (2021) Nutritional Interventions for Concussions and Traumatic Brain Injuries

Yenssi Williams, Department of Nutrition, UNC Chapel Hill (2020) Best Practices of Meal Distribution during COVID-19: Future Implications for Meal Delivery in Child Nutrition Feeding Programs

Julie Scott, Department of Nutrition, UNC Chapel Hill (2020) A review of recommended approaches for long-term health for individuals with overweight and obesity

Nick Dutton, Department of Nutrition, UNC Chapel Hill (2020) Business Plan for TOTS (Taste Of the South) Food Group

Chelsie Kolberg, Department of Nutrition, UNC Chapel Hill (2019) Nutrition Recommendations for International Food Security Programs

Kerry Jones, Department of Nutrition, UNC Chapel Hill (2019) A Nutritional and Marketing Analysis of Milk-Based, Toddler Drinks on the Market in the United States

Mackenzie Morgan, Department of Nutrition, UNC Chapel Hill (2019) A Brief Overview of Phosphorus Binders: Importance, Types, Risks, and Costs

Reem Saed, Department of Nutrition, UNC Chapel Hill (2019) Human Milk Fortifiers and Their Role in Neonatal Nutrition

Kayla Boley, Department of Nutrition, UNC Chapel Hill (2018) Associations [longitudinal] between maternal body dissatisfaction and infant feeding style among a cohort of low-income, non-Hispanic black mother-infant dyads

Marina Pearsall, Department of Nutrition, UNC Chapel Hill (2018) Early Postnatal Support in US Birthing Facilities and Realization of Breastfeeding Goals

Paola Andrea Gonzalez Machado, Department of Nutrition, UNC Chapel Hill (2017) Sprouts: A generation's quest for wholesome ingredients and nurturing food experiences

Charlotte Zuber, Department of Nutrition, UNC Chapel Hill (2017) RDN Confidence and Competence to Promote and Support Breastfeeding: A Report on Survey Findings

Larelle High, Department of Nutrition, UNC Chapel Hill (2015) Body dissatisfaction, partner body image preference and breastfeeding duration

Katherine Kline, Department of Nutrition, UNC Chapel Hill (2015) "We give her meat because we have the molinito:" A snapshot of the molinito household trials

Kate Abel, Department of Nutrition, UNC Chapel Hill (2015) Making the case for outpatient nutrition services at Weisman Children's Rehabilitation Hospital

Breana Lai, Department of Nutrition, UNC Chapel Hill (2012) The need for dietary guidelines for children younger than two years of age

Masters Thesis Committee Member

Syndie Funaro, Department of Nutrition, UNC Chapel Hill (2023) Examining the Association Between Water Insecurity and Breastfeeding Practices in Zambia

LEND Program Advisor

Rebecca Scothern, Department of Nutrition, UNC Chapel Hill (2024) The Home Grown Research Project

Michaela (Kay) Essenmacher, Department of Nutrition, UNC Chapel Hill (2023) Supporting Healthy Homes for Families of Children with Down Syndrome

Alexa Prass, Department of Nutrition, UNC Chapel Hill (2022) Nutrition Education for the UNC pediatric feeding team

Kathryn Brooks Gillerlain, Department of Nutrition, UNC Chapel Hill (2021) Nutritional Considerations for Concussions in Individuals with Intellectual Developmental Disabilities

Ashley White, Department of Nutrition, UNC Chapel Hill (2020) Nutrition Issues in Children with Spina Bifida Myelomeningocele

Chelsea Snell, Department of Nutrition, UNC Chapel Hill (2019)

Demi Eckhoff, Department of Nutrition, UNC Chapel Hill (2019)

McKenzie Caldwell, Department of Nutrition, UNC Chapel Hill (2018) Closing Gaps in Nutrition Care: Continuing education in pediatric autism spectrum disorder for registered dietitians in North Carolina

Charlotte Zuber and Ridley Zook, Department of Nutrition, UNC Chapel Hill (2017) Nutrition Access and Care for Children with Neurodevelopmental Disabilities; Exploring the Parent Perspective

Undergraduate Students

Honors Thesis Advisor

Ladaysia Jackson-Antrum, Department of Nutrition, UNC Chapel Hill (2022), Dietary patterns, Food Groups, and Nutrients with Early Menarche: A Scoping Review

Sara Bernate, Department of Nutrition, UNC Chapel Hill, (2021), Associations Between Caregiver and Infant Dietary Intake: A Scoping Review

Kayla Boley, Department of Nutrition, UNC Chapel Hill (2017) Associations [cross-sectional] between maternal body dissatisfaction and infant feeding style among a cohort of low-income, non-Hispanic black mother-infant dyads

Second Reader

Miranda Tran, Department of Nutrition, UNC Chapel Hill (2024) Breastfeeding and Bedtime

Maliha Bhuiyan, Department of Nutrition, UNC Chapel Hill (2023) An Assessment of the Quality of Antenatal Care Services and Client Satisfaction in Primary Healthcare Facilities in Zambia

Heba Akhtar, Department of Nutrition, UNC Chapel Hill (2022) Factors Associated With Maternal Depression Among Non-Hispanic Black Women in Central North Carolina

Jordyn Carrier, Department of Anthropology, UNC Chapel Hill (2021) Socioeconomic Determinants of Breastfeeding Attitudes and Duration Among African American Women in Central North Carolina

Grace Foster, Department of Nutrition, UNC Chapel Hill (2020) Lactation consultants, counselors, and supporters' experiences providing care and services to women in Appalachia

Samuel Haddad, Department of Nutrition, UNC Chapel Hill (2018) The Effects of Urbanization on Breastfeeding Patterns Across Two Generations of Mothers in the Philippines

Other Undergraduate Mentoring

Jasmine Dailey, Project IMHOTEP (2013) Associations between Maternal Body Size Preference and Infant Feeding Styles among a Cohort of Low-Income African-American Mothers

GRANTS

Current

Galapagos Seed Grant (PI: Wasser) 01/01/2024-12/31/2024 0.00 Cal
UNC Center for Galapagos Studies \$5,000

Reducing the dual burden of child malnutrition through double-duty actions

This formative research project is using the Trials of Improved Processes (TIPS) to identify barriers and facilitators to consuming diets aligned with reducing under- and overnutrition among caregivers and children ages 6 to 24 months.

Role: PI

R01DK132386 (MPI: Gorin and Tate) 04/01/2022-03/31/2027 1.20 Cal
NIH/NIDDK \$1,107,840

Optimizing a Couples-Based Behavioral Intervention for Weight Management

The proposed study is the first test of a fully mHealth weight loss intervention for married and cohabitating couples and will advance both intervention and theory development by isolating active treatment components and their mechanisms of action.

Role: Co-I

R01 HL161373 (PI: Valle) 01/15/2022-12/31/2025 1.20 Cal
NIH/NHLBI \$769,818

A micro-randomized trial of JITAI messaging to improve adherence to multiple weight loss behaviors in young adults

This trial will evaluate the effects of 7 types of intervention messages targeting specific behavior change techniques (i.e., BCT messages) delivered in JIT moments on daily achievement of behavioral goals among young adults with overweight and obesity. All participants will receive a 6-month behavioral weight loss intervention using a mobile app,

which includes evidence-based weekly lessons, tailored feedback, self-monitoring, and daily BCT message, and other digital tools (wireless scale, fitness tracker).

Role: Co-I

R01DK125779 (PI: Tate) 07/10/20-06/30/25 1.20 Cal
NIH/NIDDK \$1,333,339

Optimization of a mHealth Behavioral Weight Loss Intervention for Young Adults

This study is utilizing a factorial screening experiment to identify the optimal components of a comprehensive weight loss Just-In-Time Adaptive Intervention (JITAI) that results in weight losses that meet or exceed those in existing remotely delivered interventions.

Role: Co-I

K01DK111793 (PI: Wasser) 07/01/17-12/31/24 9.84 Cal
NIH/NIDDK \$825,660

Leveraging behavior change, social support and mHealth to advance early life obesity prevention

This K01 is utilizing a factorial screening experiment to test the efficacy of four intervention components embedded in “Growing Healthy Together,” a couples-based mHealth intervention aimed at improving parent diet in order to improve infant dietary outcomes related to early life obesity prevention.

Role: PI

T73 MC00030-30 (PI: Pretzel) 07/01/2021-06/30/2026 0.24 Cal
DHHS \$3,690,000

Leadership Education in Neurodevelopmental and Related Disabilities (LEND)

The LEND program at the CIDD provides interdisciplinary leadership training at undergraduate, graduate, and postdoctoral levels. The goal of the training is to prepare trainees from diverse professional disciplines to assume leadership roles in their respective fields by insuring high levels of interdisciplinary clinical competence.

Role: Faculty Instructor

Pending

1R61HL169357-01A1 (PI: Samuel-Hodge) 04/01/2024-03/31/2029 0.24 Cal
NIH/NHLBI \$3,848,085

Leadership Education in Neurodevelopmental and Related Disabilities (LEND)

We propose a study using the Multiphase Optimization Strategy (MOST) to determine the optimal combination of family components and component levels, and Social Network Analysis (SNA) to identify how interactions within social networks (family and non-family) influence individual behaviors among Black adults in a family-centered behavioral weight loss intervention.

Role: Co-I

Completed

R01HD073237 (PI: Bentley) 09/01/12-06/30/17 12.0 Cal

NIH/NICHD

\$3,663,583.56

Mothers and Others: Family-based Obesity Prevention for Infants and Toddlers

This research will evaluate a community-based intervention for African-American women (and one other individual of her choice), who are recruited during pregnancy and followed until the infant is 18 months reduces the risk of obesity in their children and leads to optimal growth and development

Role: Key Personnel (Project Director)

P30-DK093002 (PI: Davis)

09/01/11-08/31/17

0.33 Cal

NIH/NIDDK

\$460,859

UNC Center for Diabetes Translation Research (CDTR) to Reduce Health Disparities.

The CDTR Red Springs Heart Study is assessing the acceptability of a modified Mediterranean diet for participants in North Carolina when given by peer counselor using a web-based format.

Role: Early Career Investigator/Mentee

SERVICE

Professional Societies

- | | |
|-----------|---|
| 2022-2023 | Chair, Optimization of Behavioral and Biobehavioral Interventions Special Interest Group, Society of Behavioral Medicine |
| 2021-2022 | Junior Chair, Optimization of Behavioral and Biobehavioral Interventions Special Interest Group, Society of Behavioral Medicine |
| 2020-2021 | Conference Chair, Optimization of Behavioral and Biobehavioral Interventions Special Interest Group, Society of Behavioral Medicine |
| 2019-2020 | Communications Chair, Optimization of Behavioral and Biobehavioral Interventions Special Interest Group, Society of Behavioral Medicine |

Ad-hoc Reviewer, Journals

Journal of the Academy of Nutrition and Dietetics; Appetite; BMC Pediatrics; Contemporary Clinical Trials; Maternal & Child Nutrition; Obesity; Pediatrics; Pediatric Obesity; Public Health Nutrition

Ad-hoc Reviewer, Conference Abstracts

- | | |
|------|--|
| 2022 | Society of Behavioral Medicine 2023 Annual Meeting, Obesity Topic Area |
| 2021 | Society of Behavioral Medicine 2022 Annual Meeting, Obesity Topic Area |
| 2020 | Society of Behavioral Medicine 2021 Annual Meeting, Obesity Topic Area |

Department of Nutrition

2015-present MPH Committee
2021 Diversity, Equity and Inclusion Curriculum Sub-Committee
2021 Diversity, Equity and Inclusion Climate & Advocacy Sub-Committee

Grant Reviewer

2020 External Reviewer, USDA/Tufts Telehealth Intervention Strategies for WIC (THIS-WIC)
2020 UNC School of Nursing, Mock Review, Eric Hodges, R01
2020 UNC Gillings School of Global Public Health, Mock Review, Stephanie Martin, K01
2019 UNC School of Nursing, Mock Review, Rachel Hirschey, K23
2019 UNC School of Nursing, Sandra Soto, K01