

Heather M. Wasser, PhD, MPH, RD, IBCLC

Research Assistant Professor | Nutrition Department | UNC Gillings School of Global Public Health

Work

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EDUCATION

2012

PhD, Nutrition

Nutrition Department, Gillings School of Global Public Health,
University of North Carolina, Chapel Hill, NC

*Dissertation: Non-maternal Involvement in Feeding and the Development of
Obesogenic Diets among Infants and Toddlers*

2012

International Board Certified Lactation Consultant

Mary Rose Tully Training Initiative, Maternal and Child Health Department,
Gillings School of Global Public Health, University of North Carolina, Chapel Hill,
NC

IBCLC Certification: 11230298

2003

MPH, Nutrition

Nutrition Department, Gillings School of Global Public Health, University of
North Carolina, 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 Credential**
Division of Nutritional Sciences, Cornell University, Ithaca, NY
Dietetic Registration: 916923

2000 **BS, Dietetics**
Human Environmental Sciences Department, Fontbonne University,
St. Louis, MO

PROFESSIONAL EXPERIENCE

Academic Positions:

2017- Fellow, Frank Porter Graham Child Development Institute, University of North
Carolina, Chapel Hill, NC

2016- Research Assistant Professor, Nutrition Department, UNC 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, Chapel Hill, NC

2007-2012 Graduate Research Assistant, Nutrition Department, UNC Gillings School of
Global Public Health, University of North Carolina, Chapel Hill, NC

2002-2003 Graduate Research Assistant, Nutrition Department, 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
- 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

Consultations and Boards

- 2013- NC Women's Health Report Card Advisory Board
- 2012 Author, Healthy Menus Planning Tool for Use in the North Carolina Child and Adult Care Food Program (CACFP)
- 2006-2007 BEST for Babies in Durham County, Community-based Participatory Research Advisory Committee
- 2004-2007 Durham County Partnership for Children, Smart Start

MEMBERSHIPS HELD IN PROFESSIONAL ORGANIZATIONS

- 2017- Society of Behavioral Medicine

- 2016- North Carolina Breastfeeding Coalition
- 2008- American Society for Nutrition
- 2008- International Society for Behavioral Nutrition and Physical Activity
- 2008-2011 The Obesity Society
-

HONORS AND AWARDS

- 2011 Geraldine M. Piper Memorial Scholarship, American Dietetic Association Foundation
- 2008-2010 Pre-doctoral Traineeship in Maternal and Child Obesity, Interdisciplinary Obesity Center, University of North Carolina, Chapel Hill, NC
- 2005 GlaxoSmithKline Public Health Recognition Award, Child Health Recognition Award
- 2002-2003 Maternal and Child Health Traineeship, Nutrition Department, University of North Carolina, Chapel Hill, NC
- 2003 Mildred Kaufman Student Prize, Nutrition Department, University of North Carolina, Chapel Hill, NC
- 1999-2000 Adelaide G. Heverly-Wells Endowed Scholarship, Department of Human Environmental Sciences, Fontbonne University

BIBLIOGRAPHY

Book Chapters:

2. **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.
1. 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 Journal Articles:

9. **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, *Contemporary Clinical Trials*. *Contemp Clin Trials*. 2017;60:24-33.
8. 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*. 2017;e12482
7. 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;117:161-167.
6. **Wasser HM**, Heinig MJ, Tully KP. The Importance of the Baby-Friendly Hospital Initiative. *JAMA Pediatr*. 2017;171(3):304-305.

5. Hodges EA, **Wasser HM**, Colgan B, Bentley ME. Development of Feeding Cues during Infancy and Toddlerhood. Under Review. Submitted to American Journal of Maternal Child Nursing. 2016;41(4):244-251.
4. 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;1308:54–67
3. **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;71:7-15.
2. Bentley ME, **Wasser HM**, Creed-Kanashiro. Responsive feeding and child undernutrition in low- and middle-income countries. J Nutr. 2011;141:1S-6S.
1. **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;127(2):229-237.

Referred Conference Presentations:

12. **Wasser HM**, Bentley ME. Determinants of breastfeeding intention: a theory of planned behavior analysis. Oral presentation at the annual scientific meeting of the International Society for Behavioral Nutrition and Physical Activity. Victoria, CN, June 2017.
11. **Wasser HM**, Rini C. Determinants of partner support for physical activity: A couples-focused analysis among older adults with osteoarthritis. Poster presentation at the annual scientific meeting of the Society for Behavioral Medicine. San Diego, CA, April 2017.
10. KJ Barrett, AL Thompson, **HM Wasser**, ME Bentley. The influence of caregiver feeding styles on infant dietary outcomes. Poster presentation at the annual scientific meeting of the Human Biology Association. Atlanta, GA, April 2016.

9. **Wasser HM**, Bentley ME. Mothers and Others: designing a randomized trial to prevent obesity among infants and toddlers. Poster presentation at the annual scientific meeting of the American Society for Nutrition. Boston, MA, March 2015.
8. **Wasser HM**. An intervention with promise for improving breastfeeding outcomes among African-American women. Oral presentation at the 23rd Annual Art of Breastfeeding Conference: Weaving A Tapestry of Breastfeeding Support. Raleigh, NC, October 2013.
7. Bentley M., Thompson A., **Wasser H**. Maternal beliefs and behaviors about infant feeding. Oral presentation at the NIH/NIDDK Workshop on Prevention of Obesity in Infancy and Early Childhood. Bethesda, MD, October 2013.
6. Bentley M., **Wasser H**. Formative research methods for designing culturally appropriate, integrated child nutrition and development interventions: an overview. Oral presentation at the annual scientific meeting of the American Society for Nutrition. New York, NY, April 2013.
5. **Wasser HM**. An intervention with promise for improving breastfeeding outcomes among African-American women. Oral presentation at the 8th Breastfeeding and Feminism Symposium. Chapel Hill, NC, March 2013.
4. **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. Oral presentation at the annual scientific meeting of the International Society for Behavioral Nutrition and Physical Activity. Austin, TX, May 2012.
3. Bentley M., **Wasser H**., Creed-Kanashiro H. Responsive feeding and infant growth: evidence from low- and middle-income countries. Oral presentation at the annual scientific meeting of the American Society for Nutrition. Anaheim, CA, April 2010.
2. **Wasser H**., Hamilton J., Bentley M. Do caregivers of infants and toddlers in child care settings practice responsive feeding? Poster presentation at the annual scientific meeting of the Obesity Society. Washington, DC, October 2009.

1. **Wasser H.**, Bentley M. Does maternal return to work or school influence infant feeding decisions: A qualitative study of low-income African American mothers. Poster presentation at the annual scientific meeting of the International Society for Behavioral Nutrition and Physical Activity. Lisbon, Portugal, June 2009.

TEACHING RECORD

Course Instruction:

2017-	Instructor NUTR 747: Issues in Global Nutrition Nutrition Department, UNC-Chapel Hill
2016-	Co-Instructor NUTR 611: Nutrition Across the Lifecycle Nutrition Department, UNC-Chapel Hill
2016-	Co-Instructor NUTR 745: International Nutrition Nutrition Department, UNC-Chapel Hill
2016-	Guest Lecturer NUTR 725: Public Health Nutrition Management II Nutrition Department, UNC-Chapel Hill
2015	Guest Lecturer GLHLTH 670: Global Health Nutrition Duke University
2013-	Guest Lecturer MHCH 702: Foundations of Maternal and Child Health

Maternal and Child Health Department, UNC-Chapel Hill

2012-2015 Guest Lecturer
NUTR 611: Nutrition of Women, Infants and Children
Nutrition Department, UNC-Chapel Hill

2011 Teaching Assistant
NUTR 240: Introduction to Human Nutrition
Nutrition Department, UNC-Chapel Hill

2009 Teaching Assistant
NUTR 611: Nutrition of Women, Infants and Children
Nutrition Department, UNC-Chapel Hill

2003 Teaching Assistant
NUTR 720: Public Health Nutrition Management I
Nutrition Department, UNC-Chapel Hill

Scholarly Student Advisement:

2015- Kayla Boley, UNC-Chapel Hill, Nutrition Department, BSPH Advisor
Honors Thesis: Associations between maternal body dissatisfaction and infant feeding style among a cohort of low-income, non-hispanic black mother-infant dyads

2014-2017 Melissa Kay, UNC-Chapel Hill, Nutrition Department, PhD Mentor
Dissertation: The association between maternal and infant diet: an important intervention target

2015 Larelle High, UNC-Chapel Hill, Nutrition Department, MPH-RD Paper Advisor
Masters Paper: Body dissatisfaction, partner body image preference and breastfeeding duration

- 2014-2015 Katherine Kline, UNC-Chapel Hill, Nutrition Department, MPH-RD Paper Advisor
Masters Paper: "We give her meat because we have the molinito:" A snapshot of the molinito household trials
- 2014-2015 Kate Abel, UNC-Chapel Hill, Nutrition Department, MPH-RD Paper Advisor
Masters Paper: Making the case for outpatient nutrition services at Weisman Children's Rehabilitation Hospital
- 2013-2015 Neha Verma, UNC-Chapel Hill, Nutrition Department, BSPH Advisor
Honors Thesis: The influence of hospital practices on breastfeeding among African-American women (highest honors)
- 2013 Jasmine Dailey, Project IMHOTEP Advisor
Project Paper: Associations between Maternal Body Size Preference and Infant Feeding Styles among a Cohort of Low-Income African-American Mothers
- 2011-2012 Breana Lai, UNC-Chapel Hill, Nutrition Department, MPH-RD Paper Advisor
Masters Paper: The need for dietary guidelines for children younger than two years of age

GRANTS

Current:

1K01DK111793-01A1 PI: Wasser 07/01/17-
06/30/22

NIDDK \$706,687

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

