

BROOKE T. NEZAMI, PHD

Department of Nutrition
University of North Carolina at Chapel Hill
UNC Weight Research Program
1700 Martin Luther King Jr. Blvd, Suite 136, Campus Box #7294
Chapel Hill, NC 27599-7294
(919) 966-5852
bnezami@unc.edu

EDUCATION

- 2016 PhD, Health Behavior
University of North Carolina at Chapel Hill, Chapel Hill, NC
Dissertation Title: *Healthy Weight Behaviors and Weight Change in Parents and Preschool-Aged Children*
- 2008 MA, Clinical Health Psychology
Appalachian State University, Boone, NC
- 2006 BA, Psychology, Biology
University of North Carolina at Chapel Hill, Chapel Hill, NC

PROFESSIONAL EXPERIENCE

- 2019-present Research Assistant Professor, Department of Nutrition, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill
- 2016-2019 Postdoctoral Research Associate, Weight Research Center, UNC Lineberger Comprehensive Cancer Center, University of North Carolina at Chapel Hill
- 2010-2016 Graduate Research Assistant, Weight Research Center, UNC Lineberger Comprehensive Cancer Center, University of North Carolina at Chapel Hill
- 2012-2013 Predoctoral Fellow, Ruth L. Kirchstein National Research Service Award, Maternal and Child Obesity Training Grant, Department of Nutrition, University of North Carolina at Chapel Hill (PI: Dr. Barry Popkin, T32 HD057824)
- 2013 Graduate Teaching Assistant, HBEH/NUTR 811 Development and Evaluation of Health Promotion and Disease Prevention Interventions, Department of Health Behavior, University of North Carolina at Chapel Hill
- 2012-2013 Graduate Teaching Assistant, HBEH 760 and 761 Doctoral Advanced Research Methods, Department of Health Behavior, University of North Carolina at Chapel Hill
- 2009-2010 Clinical Research Associate, Pediatric Neurocognitive Outcomes Research Program, Duke University Medical Center, Durham, NC
- 2008-2009 Research Assistant, Anxiety Intervention Meta-Analysis, Duke Child and Family Study Center, Duke University Medical Center, Durham, NC
- 2008 Clinical Psychology Extern, Pediatric Psychology Service, Duke University Medical Center, Durham, NC

2006-2008 Project Coordinator, Psychology of Size Study, Appalachian State University, Boone, NC

2005-2006 Undergraduate Research Assistant, Text4Diet Study, UNC Department of Psychiatry, University of North Carolina at Chapel Hill

HONORS AND AWARDS

2016 Early Career Poster Award for Excellence in Science with a Focus on eHealth and mHealth, eHealth/mHealth Section at the 2016 Annual Meeting of the Obesity Society

2016 Delta Omega Inductee, Public Health Honorary Society

2016 Citation Abstract Award, 37th Annual Meeting of the Society of Behavioral Medicine

2016 Meritorious Student Abstract Award, 37th Annual Meeting of the Society of Behavioral Medicine

2016 Technology SIG Student Award, 37th Annual Meeting of the Society of Behavioral Medicine

2016 Graduate Education Advancement Board Impact Award, The Graduate School, University of North Carolina at Chapel Hill

2015 1st Place Student Abstract Competition, American Institute for Cancer Research/Obesity and Cancer Section at the 2015 Annual Meeting of the Obesity Society

2015 2nd Place Early Career Award, 2015 Annual Meeting of the Obesity Society

2015-2016 Dissertation Completion Fellowship, The Graduate School, University of North Carolina at Chapel Hill

2014-2015 Gillings Dissertation Award, Gillings School of Global Public Health, University of North Carolina at Chapel Hill

2013 Meritorious Student Abstract Award, 34th Annual Meeting of the Society of Behavioral Medicine

2007-2008 Dr. Frank R. Terrant Memorial Scholarship, Appalachian State University

2007 Cratis D. Williams Alumni Fellowship, Appalachian State University

BIBLIOGRAPHY

Book Chapters

Tate, D.F., **Nezami, B.T.**, & Valle, C.G. (2018). Remotely delivered interventions for obesity. In Wadden T.A. & Bray, G.A. (eds). *Handbook of Obesity Treatment, 2nd Edition*. New York, NY: Guilford Press.

Refereed Journal Articles

1. **Nezami, B.T.**, Ward, D.S., Lytle, L., Ennett, S., & Tate, D.F. A mHealth randomized controlled trial to reduce sugar-sweetened beverage intake in preschool-aged children. *Pediatric Obesity*. Advance Online Publication. DOI:10.1111/ijpo.12258.
2. Tate, D.F., Valle, C.G., Crane, M.M, **Nezami, B.T.**, Samuel-Hodge, C, Hatley, K.E, et al. (2017). Randomized trial comparing group size of periodic in-person sessions in a remotely delivered weight loss intervention. *International Journal of Behavioral Nutrition and Physical Activity*, 14, 144.

3. Neshteruk, C.D., **Nezami, B.T.**, Nino-Tapias, G., Davison, K.K., & Ward, D.S. (2017). The influence of fathers on children's physical activity: A review of the literature from 2009-2015. *Preventive Medicine, 102*, 12-19.
4. **Nezami, B.T.**, Lytle, L., & Tate, D.F. (2016). A randomized trial to reduce sugar-sweetened beverage and juice intake in preschool-aged children: description of the Smart Moms intervention trial. *BMC Public Health, 16*, 837-845.
5. **Nezami, B.T.**, Lang, W., Jakicic, J.M., Davis, K.K., Polzien, K., Rickman, A.D., Hatley, K.E., & Tate, D.F. (2016). The effect of behavior-specific self-efficacy on behavior and weight change in a behavioral weight loss intervention. *Health Psychology, 35*, 714-722.
6. Benjamin, J.R., Gustafson, K.E., Smith, P.B., Ellingsen, K.M., **Tompkins, K.B.**, Goldberg, R.N., et al. (2013). Perinatal factors associated with poor neurocognitive outcome in early school age congenital diaphragmatic hernia survivors. *Journal of Pediatric Surgery, 48*, 730-737.
7. Payne, L.O., Martz, D.M., **Tompkins, K.B.**, Petroff, A.B., & Farrow, C.V. (2011). Gender comparisons of fat talk in the United Kingdom and the United States. *Sex Roles, 65*, 557-565.
8. **Tompkins, K.B.**, Martz, D.M., Rocheleau, C.A., & Bazzini, D.G. (2009). Social Likeability, conformity, and body talk: Does fat talk have a normative rival in female body image conversations? *Body Image, 6*, 292-298.

Under Review

Nezami, B.T., Jakicic, J., Lang, W., Davis, K.K., & Tate, D.F. (Under review). Effect of children in the home on physical activity barriers, physical activity, and weight loss in a behavioral weight loss intervention. *Obesity Science and Practice*.

Blackman, L.T., **Nezami, B.T.**, & Leone, L.A. (Under review). A mixed methods approach to understanding physical activity differences between obese and non-obese black women. *American Journal of Health Behavior*.

Nezami, B.T., Lytle, L.A., Ward, D.S., Ennett, S.T., & Tate, D.F. (Under review). Effect of the Smart Moms intervention on targeted mediators of change in child sugar-sweetened beverage intake. *Health Education and Behavior*.

In Preparation

Tate, D.F., Quesnel, D.A., Hatley, K.E., **Nezami, B.T.**, Wojtanowski, A., Pinto, A., et al. Initial efficacy of a partial dietary self-monitoring approach in behavioral weight management.

Nezami, B.T., Tate, D.F., Valle, C.G., Nulty, A., Espeland, M., & Wing, R.R. Predictors and outcomes of lapses in daily weighing and physical activity tracking among young adults during weight gain prevention.

Lerner, H., Valle, C.G., **Nezami, B.T.**, Martin, C.L., & Tate, D.F. Self-Monitoring and dietary variety in a behavioral weight loss study.

Shen, M., **Nezami, B.T.**, Valle, C., & Tate, D.F. Examining the relationship between perceived stress, weight-related behaviors, and weight loss in a community-based weight loss intervention. Submitting to *Preventive Medicine*.

REFEREED PRESENTATIONS

1. Blackman Carr, L.T., **Nezami, B.T.**, & Leone, L.A. (2019). Understanding the mechanisms of movement. Physical activity and barrier differences in obese and non-obese black women. Poster presentation at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
2. Valle, C.G., Tate, D.F., Pinto, B.M., Hatley, K.E., **Nezami, B.T.**, Diamond, M., et al. (2018). Development of an mHealth intervention to promote physical activity in young adult cancer survivors. Symposium presentation at the International Society of Behavioral Nutrition and Physical Activity 2018 Annual Meeting. Hong Kong.
3. **Nezami, B.T.**, Valle, C.G., Power, J.S., Gottfredson, N.C., & Tate, D.F. (2018). An ecological momentary study of predictors of daily weighing and physical activity tracking among young adults. Poster presentation at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
4. **Nezami, B.T.**, Valle, C.G., & Tate, D.F. (2017). Predictors and outcomes of lapses in daily weighing and physical activity tracking among young adults during weight gain prevention. Oral presentation at the 38th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
5. **Nezami, B.T.**, & Tate, D.F. (2016). Maternal dietary changes and adherence in a mHealth intervention with mother-child dyads. Poster presentation at Obesity Week 2016, New Orleans, LA. ***Early Career Award Winner in the eHealth/mHealth Section**
6. **Nezami, B.T.**, Ward, D.S., Lytle, L., Faith, M., & Tate, D.F. (2016). Reducing sugar-sweetened beverage intake in preschool-aged children: Results from the Smart Moms mHealth intervention. Poster presentation at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, DC. ***Citation Award Winner, Meritorious Student Abstract Award Winner, Technology SIG Student Award Winner**
7. Lerner, H.,* Valle, C.G., **Nezami, B.T.**, & Tate, D.F. (2016). Dietary variety, self-monitoring and weight loss. Poster presentation at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, DC. *Author recognized as Meritorious Student Abstract Award Winner
8. **Nezami, B.T.**, Lytle, L., Ward, D.S., Faith, M., Bowling, J.M., & Tate, D.F. (2015). Reducing sugar-sweetened beverage consumption in preschool children: A randomized trial of the Smart Moms mHealth program. Poster presentation at Obesity Week 2015, Los Angeles, CA. ***1st place in American Institute for Cancer Research Student Competition; 2nd place in Early Career Poster Pitch Competition**
9. **Nezami, B.T.**, Davis, K.K., Polzien, K., Erickson, K.E., Rickman, A., Lang, W., Jakicic, J.M., & Tate, D.F. (2014). Weight loss and maintenance in participants with and without children in a behavioral weight loss intervention. Poster presentation at the 35th annual meeting of The Society of Behavioral Medicine, Philadelphia, PA.
10. Shen, M., **Nezami, B.T.**, Crane, M.M., & Tate, D.F. (2013). Exploring the relationship between perceived stress and weight loss. Oral presentation at the annual meeting of Experimental Biology, Boston, MA.
11. **Nezami, B. T.**, Tate, D.F., Lang, W., Polzien, K., Erickson, K.E., Davis, K., Rickman, A.D., & Jakicic, J.M. (2013). Effect of children in the home on exercise barriers, physical activity and weight loss in a behavioral weight loss intervention. Oral presentation at the 34th annual meeting of The Society of Behavioral Medicine, San Francisco, CA. ***Meritorious Student Abstract Award Winner**

12. **Tompkins, K.B.**, Tate, D.F., Polzien., K., Erickson, K.E., Davis, K., Rickman, A.D., & Jakicic, J.M. (2012). Exploring the relationship between behavior-specific self-efficacy, weight control behaviors, and weight loss. Oral presentation at the 33rd annual meeting of The Society of Behavioral Medicine, New Orleans, LA.
13. **Tompkins, K.B.**, Tate, D.F., Polzien. K., Erickson, K.E., Lang, W., Davis, K., Rickman, A.D., & Jakicic, J.M. (2011). Effect of children in the home environment on weight loss and adherence in a behavioral weight loss intervention. Poster presented at the 30th annual meeting of The Obesity Society, Orlando, FL.
14. Gustafson, K.E., Benjamin, J.R., **Tompkins, K.B.**, & Goldstein, R.F. (2011). Attention and executive functioning in congenital diaphragmatic hernia survivors at school age. Poster presented at the 2011 annual meeting of the Pediatric Academic Societies, Denver, CO.
15. Gustafson, K.E., **Tompkins, K.B.**, & Goldstein, R.F. (2010). Cognitive and language skills decline in premature infants with persistent motor impairment during the first two years of life. Poster presented at the 2010 annual meeting of the Pediatric Academic Societies, Vancouver, BC.
16. **Tompkins, K.B.**, Martz, D.M., Rocheleau, C.A., & Bazzini. D.G. (2008). 'Fat talk' assumed to be conformity among females. Poster presented at the 20th annual meeting of the Association for Psychological Science, Chicago, IL.

INVITED PRESENTATIONS

Building Just-in-time adaptive interventions (2019, May). The American Institute for Cancer Research 2019 Research Conference on Diet, Obesity, Physical Activity and Cancer: Beyond the Blueprint, Chapel Hill, NC.

TEACHING ACTIVITIES

Guest Lecturer

“Using mHealth: The Smart Moms and PATH interventions for parents,” Nutrition Interventions, Gillings School of Global Public Health, UNC (Spring 2019)

“Using mHealth: The Smart Moms intervention for moms of preschool children to reduce intake of sugar-sweetened beverages,” HBEH 892: Special Topics Seminar: mHealth for Behavior Change, Gillings School of Global Public Health, UNC (Spring 2018)

“Smart Moms Intervention Objectives and Strategies,” HBEH/NUTR 811: Development and Evaluation of Health Promotion and Disease Prevention Interventions, Gillings School of Global Public Health, UNC (Fall 2016, 2017, 2018)

“Using mWeb and SMS: A mHealth intervention for moms of preschool children to reduce intake of sugar-sweetened beverages,” HBEH 892/NUTR 803: Special Topics Seminar: mHealth for Behavior Change, Gillings School of Global Public Health, UNC (Spring 2016)

“Mediation Analyses,” NUTR 802: Introduction to Advanced Nutrition Research Methods, Department of Nutrition, Gillings School of Global Public Health, UNC (Spring 2016)

Graduate Teaching Assistant

HBEH 760 and 761: Advanced Research Methods I and II (required doctoral courses), Gillings School of Global Public Health, UNC, Fall 2012 – Spring 2013

HBEH/NUTR 811: Development and Evaluation of Health Promotion and Disease Prevention Interventions (required doctoral course), Gillings School of Global Public Health, UNC, Fall 2013

ADVISING AND MENTORING

Role/Years	Student/Mentee	Department/Degree
------------	----------------	-------------------

Doctoral Dissertation Committee Member

2019-present	Julianne Power, MA	Health Behavior, PhD
--------------	--------------------	----------------------

Undergraduate Thesis Reader

2019	Sahil Vasa Honors Thesis: <i>Who succeeds with weight loss by changing beverage intake? An examination of predictors of weight loss within the CHOICE randomized trial</i>	Nutrition, BSPH Honors
------	---	------------------------

Other Trainees and Research Assistants Supervised

2018-present	Lex Hurley	PhD student, Health Behavior
2017-present	Julianne Power	PhD student, Health Behavior
2015-2016	Hannah Lerner	PhD student, Health Behavior
2012-2013	Mary Shen	BSPH student, Honors, Nutrition

NATIONAL SERVICE

Editorial, Ad Hoc Journal Reviewer

Annals of Behavioral Medicine
American Journal of Clinical Nutrition
Translational Behavioral Medicine
International Journal of Obesity
Health Psychology
Journal of Medical Internet Research (JMIR)
JMIR mHealth and uHealth
Preventing Chronic Disease
Advances in Nutrition
Digital Health

Conference Service

2019	Child and Family Topic Area Chair, Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine
2016-present	Reviewer, Obesity Topic Area, Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Society of Behavioral Medicine (SBM)
The Obesity Society (TOS)

GRANTS

Active

No number Nezami (PI) 12/04/2017 – 06/30/2020
Weight Watchers Karen-Miller Kovach Research Grant (partnered with The Obesity Society)
Mobile Methods for Reducing Obesity Risk in Parents and Preschool Children
This project will test the efficacy of a simplified form of dietary self-monitoring to traditional calorie monitoring among parents of preschool-aged children.
Role: *Principal Investigator*

Pending/Submitted

K01 DK120739 Nezami (PI) 09/01/2019 – 08/31/2024
NIDDK
Using technology and implementation science to reduce obesity risk among rural parent-child dyads
The main objective of this K01 is to gain training in dissemination and implementation through the adaptation of mobile-delivered weight control, to be delivered to underserved parents of preschool-aged children living in rural areas.

Completed

No number Tate, Valle (PIs) 04/15/2016 – 04/04/2018
UNC Gillings Innovation Laboratory Initiative
Precision Public Health: Enhancing Connections to Develop Just-in-Time Adaptive Intervention Strategies
This project will develop the science and infrastructure at UNC to enable the construction and evaluation of innovative and scalable just-in-time adaptive interventions.
Role: *Project Director*

No number Nezami (PI) 07/01/2015 – 05/31/2016
UNC Graduate School, Dissertation Completion Fellowship
Healthy Weight Behaviors and Weight Change in Parents and Preschool-Aged Children
This fellowship provided salary support for one academic year to complete data analyses, writing, and defense of my dissertation.

U01HL090864 Wing, Tate, Espeland (PIs) 08/18/2009 – 05/31/2015
NIH/NHLBI
Prevention of Weight Gain in Young Adults
The purpose of the project was to test two interventions to prevent weight gain in young adults compared to control. One intervention was focused on making small consistent changes in eating and exercise behavior to prevent weight gain and the other emphasized periodic larger changes in eating and exercise behavior that result in weight loss.
Role: *Graduate Research Assistant*

No number Nezami (PI) 12/01/2013 – 12/01/2014

Gillings School of Global Public Health, Dissertation Award

Smart Moms: A Randomized Trial to Reduce Sugar-Sweetened Beverage Intake in Preschool-Aged Children

This award provided support to conduct dissertation research testing the efficacy of a mobile-based intervention to reduce sugar-sweetened beverage intake and maternal weight in mothers and their children ages 3-5.

Role: *Principal Investigator*

T32 HD057824

Popkin (PI)

05/01/2008 - 04/30/2013

NIH/NICHD

Maternal and Child Obesity Training Grant

The goal of this training program is to train a new generation of researchers, providing them with an interdisciplinary perspective on the multifactorial disease of obesity.

Role: *Predoctoral Fellow/Trainee*