

# Jennifer M. Sacheck, M.S., Ph.D., FACSM

## Office Address:

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## Current Title

2018- Professor and Chair, Department of Exercise and Nutrition Sciences (tenured)  
Sanofi Professor of Prevention and Wellness, Endowed Chair  
Milken Institute School of Public Health, The George Washington University

## Education

2001 Ph.D. Nutrition Science, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA  
1997 M.S. Exercise Science, School of Public Health & Health Sciences, University of Massachusetts, Amherst, MA  
1994 B.S. Biology, Syracuse University, Syracuse, NY

## Postdoctoral Training

2001-2005 NIH-F32 Post-doctoral Fellowship, Department of Cell Biology, Harvard Medical School, Boston, MA

## Other Professional Employment/Positions

### *Academic Appointments*

2020- Program Director, PhD Program in Exercise Physiology & Applied Nutrition, Milken Institute School of Public Health, The George Washington University  
2018- Adjunct Professor, Friedman School of Nutrition Science and Policy (FSNSP), Tufts University  
2015-2017 Co-director, Program in Nutrition Interventions, Communication and Behavior Change, FSNSP, Tufts University  
2015-2017 Associate Professor (secondary), Department of Public Health & Community Medicine, Tufts University, School of Medicine  
2012-2017 Associate Professor (secondary), Tisch College of Citizenship & Public Service, Tufts University  
2012-2017 Associate Professor, FSNSP, Tufts University  
2007-2012 Affiliated Scientist, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), Tufts University  
2005-2012 Assistant Professor, FSNSP, Tufts University, John Hancock Research Center on Physical Activity, Nutrition and Obesity Prevention  
2001-2005 Post-doctoral Research Fellow, Department of Cell Biology, Harvard Medical School

### *Other Non-Academic Positions*

- 1998-2001 Clinical Study Coordinator, Jean Mayer USDA HNRCA, Tufts University
- 1996-1997 Research Assistant/Clinical Trial Recruiter, University of Massachusetts-Amherst, Department of Exercise Science
- 1995-1997 Graduate Assistant/Women's Varsity Rowing Coach, University of Massachusetts-Amherst, Department of Athletics
- 1994-1995 Coaching Intern, Women's Rowing Coach Radcliffe College, Harvard University Department of Athletics

### **Awards and Honors**

- 2015 Rowing Hall of Fame Inductee, Syracuse University Alumni Rowing Association
- 2015 Academic Leadership Training Program, Tufts University
- 2013 Fellow, American College of Sports Medicine
- 2010 Tisch College Faculty Fellows Program, Tufts University
- 2007 Faculty Fellow, Tufts University Center for the Enhancement of Learning and Teaching
- 2003 NIH-F32 Ruth L. Kirschstein National Research Service Award
- 2001 Exercise Physiology Research Award, *American Physiological Society*
- 1998 Dorothy Harris Endowed Scholarship, *Women's Sports Foundation*
- 1998 NIH-T32 National Research Award, Research Training Program in Nutrition and Aging
- 1997 Tufts University Nutrition Scholarship
- 1997 Selected by the American College of Sports Medicine to attend international intensive study course: *The Limits of Human Performance: A Biological Perspective*, Greece
- 1994 Syracuse University Scholar Athlete of the Year
- 1993 Academic All-American, *Syracuse University & USRowing*

### **Major Research Interests**

My research interests lie at the intersection of physical activity and nutrition, and their impact on obesity and health-related health outcomes with a specific focus on pediatric health disparities. For the past two decades I have conducted obesity and chronic disease prevention research which has spanned basic science to the community. Currently, my work focuses on community-based intervention studies including how physical activity and nutrition impact health outcomes such as cardiometabolic risk and cognitive health among lower-income children and youth. I continue to be interested in pursuing projects that involve programs and policies that promote physical activity, optimal nutrition, and physiological health and well-being across the lifespan.

### **Grants Awarded**

#### *Current Support*

1. NIH NCI R21/R33 R21CA226829-01 Hennessy/Sacheck (co-PI) 3/1/19-2/28/24  
\$850,000  
*SPLASH - Supporting Physical Literacy and Activity at School and Home*
2. DHHS/CDC/YES Initiative-CPIMP191186 Sacheck (co-PI) 9/30/19-9/29/22  
\$449,931  
*The Coaches (Creating Opportunities for Adolescents through Coaching, Healthy Eating, and Sports) Project*

3. Redstone Pilot Grant Sylvetsky (PI) 4/1/21-3/31/22  
 \$47,565  
 Role: Co-Investigator  
*Investigating behavioral patterns of sugary drink intake among low-income, African-American, adolescents*

**Pending**

4. NIH R21 Sylvetsky (PI) 9/1/22-8/31/24  
 \$231,541  
 Role: Co-Investigator  
*Investigating predictors of adolescents' caffeinated sugary beverage consumption and responses to caffeinated sugary beverage cessation*

**Grants Concluded**

5. Healthy Eating Research (RWJF) Sacheck (PI) 12/22/20-12/31/21  
 \$8,000  
*Relationship between household food insecurity and childhood obesity*
6. George Washington University Cross-disciplinary Research Fund (CDRF) 7/1/20-6/30/21  
 \$49,914 Hahn (PI)  
 Role: Co-investigator  
*Predicting 3D Body Composition Using Optical Surface Scans*
7. CRO KL2 Scholar Award Sylvetsky (PI) 6/1/18 – 5/31/21  
 \$250,000  
 Role: Primary Mentor  
*Investigating withdrawal symptoms as a barrier to reducing sugar-sweetened beverage consumption among children with obesity*
8. George Washington University Cross-disciplinary Research Fund (CDRF) 7/1/19-6/30/20  
 \$37,436 Hahn (PI)  
 Role: Co-investigator  
*Body Composition Using Body Surface Scans and Machine Learning*
9. NIH-NICHD R01HD080180-01A1 Sacheck (PI) 10/1/14 – 6/30/19  
 \$2,354,328  
*Understanding the impact of school-based physical activity programs*
10. D.C. Public Schools, Design Lab Sacheck (PI) 9/1/18-6/30/19  
 \$5,500  
*DC Fueling Learning*
11. Newman's Own Foundation Sacheck (PI) 12/1/14 - 9/30/18  
 \$650,000  
*Evaluation of the collective impact of innovative programs targeting food access across the United States*
12. Tufts Collaborates Grant Fiery (PI) 7/1/17-6/30/18  
 \$50,000  
 Role: Co-Investigator  
*Understanding Dietary Behaviors in Middle Childhood: The Role of Autonomy, Health Literacy, and Food Literacy*

13. The Boston Foundation \$125,000 <i>Fitness and school health in Boston-area urban schoolchildren</i>	Sacheck (PI)	7/1/15 – 12/31/17
14. The Boston Foundation \$100,000 <i>Impact of physical activity on children’s classroom behavior</i>	Sacheck (PI)	4/1/15-6/30/17
15. NIH-NHLBI R01 \$3,163,000 <i>Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren</i>	Sacheck (PI)	6/1/11 - 11/30/15
16. Harvard Pilgrim Healthcare Foundation \$1,468,401 Role: Co-Investigator <i>Healthy kids out of school</i>	Economos (PI)	4/1/12 - 3/31/15
17. Tufts Innovates Grant \$14,601 <i>Active learning in an active classroom</i>	Sacheck (PI)	7/1/14 - 6/30/15
18. New Balance Foundation \$11,000 <i>Physical activity assessment in Massachusetts</i>	Sacheck (PI)	2/1/14 – 12/31/14
19. The Boston Foundation \$175,000 <i>Moving to academic success in Lawrence, MA</i>	Sacheck (PI)	1/1/14 - 12/31/14
20. NIH-ODS \$141,136 <i>Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren - supplement</i>	Sacheck (PI)	6/1/10 - 11/30/14
21. Nestec, Ltd. \$1,826,365 Role: Co-Investigator <i>Efficacy of nutritional supplementation on physical-activity mediated changes in physical functioning older adults at risk for mobility disability (VIVE2 Study)</i>	Fielding (PI)	10/9/10 - 9/30/14
22. Nestec, Ltd. \$1,836,000 Role: Co-Investigator <i>Exercise and nutrition field trial for frail elders (VIVE1 Study)</i>	Folta (PI)	12/1/09 - 6/30/13
23. American Heart Association Scientist Development Grant \$198,000 <i>Impact of physical fitness and overweight on inflammation in school-aged children</i>	Sacheck (PI)	7/1/08 - 6/30/11
24. Harvard Pilgrim Health Care Foundation \$136,644 <i>Developing a picture of school food service in MA, ME, &amp; NH: A case study of successful “outliers”</i>	Sacheck (PI)	12/1/09 - 8/31/10

25. California Raisin Marketing Board Sacheck (PI) 9/1/07 - 5/31/09  
 \$80,941  
*The effect of a high antioxidant snack on sustained energy and stress in children*
26. Harvard Pilgrim Health Care Foundation Goldberg (PI) 9/1/07 - 3/1/08  
 \$150,000  
 Role: Co-Investigator  
*The childhood obesity epidemic: Tipping the scales in favor of our children*
27. Tufts University Obesity Research Seed Grant Sacheck (PI) 3/1/06 - 3/1/07  
 \$10,000  
*Obesity-related metabolic stress and its impact on immunity in children*
28. NIH/NIAMS - F32 Sacheck (PI) 2/1/03 - 1/31/05  
 \$84,735  
*Muscle gene expression following denervation and disuse*
29. LifeFitness Sacheck (PI) 4/1/99 - 4/1/01  
 \$2,500  
*The effect of vitamin E on oxidative stress, antioxidant status and DNA damage in response to exercise-induced muscle damage in young and elderly males*
30. American College of Sports Medicine Sacheck (PI) 4/1/99 - 4/1/01  
 \$5,500  
*Effect of age and vitamin E on exercise-induced oxidative stress*
31. Women's Sports Foundation Sacheck (PI) 1/1/96 - 12/31/96  
 \$5,000  
*The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes*
32. Gatorade Sports Science Institute Sacheck (PI) 1/1/96 - 12/31/96  
 \$1,000  
*Effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes*
- Completed Other**
33. JPB Foundation Economos (PI) 1/1/13 - 3/31/17  
 \$2,000,000  
 Role: Co-Investigator  
*Childhood obesity 180 initiative*
34. New Balance Foundation Economos (PI) 11/1/04 - 12/31/13  
 \$5,000,000  
 Role: Co-Investigator  
*Children in balance*
35. John Hancock Financial Services, Inc. Nelson (PI) 7/1/03 - 6/30/13  
 \$5,000,000  
 Role: Co-Investigator  
*John Hancock center for Physical Activity, Nutrition, and Obesity Prevention*

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| 36. The Rosenberg Foundation<br>\$50,000<br>Role: Co-Investigator<br><i>The Tufts longitudinal health study</i> | Economos (PI) | 3/1/07 - 12/31/07  |
| 37. Major League Soccer<br>\$20,000<br>Role: Co-Investigator<br><i>Healthy half-time snacks</i>                 | Economos (PI) | 1/01/07 - 12/31/07 |

## Publications

*Refereed Papers (\*Denotes primary mentor for 1<sup>st</sup> author student, post-doc or trainee)*

1. Andres, L.P.A., **J.M. Satcheck**, and S. Tapia. A review of creatine supplementation: Side effects and improvements in athletic performance. *Nutrition in Clinical Care*. 2(2):73-81, 1999.
2. **Satcheck, J.M.** and R. Roubenoff. Nutrition in the exercising elderly. *Clin Sports Med*. 18(3):565-584, 1999. PMID: 10410842.
3. **Satcheck, J.M.**, E. Decker, and P.M. Clarkson. The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes. *Eur J Appl Physiol*. 83(1):40-46, 2000.
4. **Satcheck, J.M.** and R. Roubenoff. Keeping women athletes nutritionally on course. *Sports in Primary Care*. 1(2):17-20, 2001.
5. **Satcheck, J.M.** and J.B. Blumberg. The role of vitamin E and oxidative stress in exercise. *Nutrition*. 17:809-814, 2001. PMID: 11684385.
6. **Satcheck, J.M.**, P.E. Milbury, J.G. Cannon, R. Roubenoff, and J.B. Blumberg. Effect of vitamin E and eccentric exercise on selected biomarkers of oxidative stress in young and elderly men. *Free Rad Biol Med*. 34(12):1575-1588, 2003. PMID: 12788477.
7. Hamada, K., E. Vannier, **J.M. Satcheck**, A.L. Witsell, J.G. Cannon, R. Roubenoff. Senescence of human skeletal muscle impairs the local inflammatory cytokine response to acute eccentric exercise. *FASEB J*. 19(2):264-266, 2004. PMID: 15556970.
8. Booth, S.L., I. Golly, **J.M. Satcheck**, R. Roubenoff, G.E. Dallal, K. Hamada, J.B Blumberg. Effect of vitamin E supplementation on vitamin K status in adults with normal coagulation status. *Amer J Clin Nutr*. 80(1):143-148, 2004. PMID: 15213041.
9. **Satcheck, J.M.**, A. Ohtsuka, S.C. McLary, and A.L. Goldberg. IGF-1 stimulates muscle growth by suppressing protein breakdown and expression of atrophy-related ubiquitin-ligases, atrogin-1 and MuRF1. *Amer J Physiol - Endo Metab*. 287(4):E591-601, 2004. PMID: 15100091.
10. **Satcheck, J.M.**, J.G. Cannon, K. Hamada, E. Vannier, J.B. Blumberg, and R. Roubenoff. Age-related loss of associations between acute exercise-induced IL-6 and oxidative stress. *Amer J Physiol - Endo Metab*. 291: E340-349, 2006. PMID: 16507605.
11. **Satcheck, J.M.**, J.K. Hyatt, A. Raffaello, R.T. Jagoe, R.R. Roy, V.R. Edgerton, S.H. Lecker, A.L. Goldberg. Rapid disuse and denervation atrophy involve similar transcriptional changes as muscle wasting during systemic diseases. *FASEB J*. 21(1):140-55, 2007. PMID: 17116744.

12. Economos, C.E., **J.M. Sacheck**, K. Shea, W. Wacker, E. Naumova. Precision of Lunar Achilles+ bone quality measurements: time-dependency and multiple machine use in field studies. *Brit J Radiol*, 80(959):919-25, 2007. PMID: 17875599.
13. Economos, C.E., **J.M. Sacheck**, K.K.H. Chui, L. L. Irizzary, J. Guillemont, J.J. Collins, R.R. Hyatt. School-based behavioral assessment tools are reliable and valid for measurement of fruit and vegetable intake, physical activity and television viewing in young children. *J Amer Diet Assoc*. 108(4): 695-701, 2008. PMID: 18375228.
14. **Sacheck, J.M.** Pediatric obesity: An inflammatory condition? *JPEN*. 32(6):633-37, 2008. PMID: 18974243.
15. **Sacheck, J.M.**, J. Kuder, C.D. Economos. Physical fitness, adiposity, and metabolic risk factors in young college students. *Med Sci Sports Exerc*. 42(6):1039-1044, 2010. PMID: 19997014.
16. Economos, C.D., K. Shea, E. Hennessy, **J.M. Sacheck**, E. Naumova. Reliability and validity of a physical activity survey for early elementary school children. *BMC Musculoskelet Disord*. 31(11):195, 2010.
17. \*Kafka T., S. Folta, C.D. Economos, **J.M. Sacheck**. Children as subjects in nutrition research: a retrospective look at their perceptions. *J Nutr Educ Behav*. 43(2):103-9, 2011. PMID: 21392713.
18. **Sacheck, J.M.**, T. Nelson, L. Ficker, T. Kafka, J. Kuder, C.D. Economos. Physical activity during soccer and its contribution to physical activity recommendations in normal weight and overweight children. *Pediatr Exerc Sci*. 23:281-292, 2011. PMID: 21633140.
19. \*Fay, K., C.D. Economos, R.M. Lerner, A.E. Becker, **J.M. Sacheck**. Relations between sports participation and eating disorders among late adolescent males and females. *Eat Weight Disord-ST*. 16:e102-11, 2011.
20. **Sacheck, J.M.**, E. Goodman, K. Chui, V. Chomitz, A. Must, C. Economos. Vitamin D deficiency, adiposity, and cardiometabolic risk in urban schoolchildren. *J Pediatr*. 159(6):945-950, 2011. PMCID: 3586426.
21. Hruba, A., V. Chomitz, L.N. Arsenault, A. Must, C.D. Economos, R. McGowan, **J.M. Sacheck**. Predicting maintenance or achievement of healthy weight in children: the impact of changes in physical fitness. *Obesity*. 20(8):1710-7, 2012. PMCID: 4465563.
22. **Sacheck, J.M.**, E. Morgan, P. Wilde, T. Griffin, E. Nahar, C.D. Economos. Key strategies for improving school food service programs: a case study of three New England food service innovators. *JCNM*. 36(1), 2012.
23. \*Au, L.E., C.D. Economos, E. Goodman, A. Must, V.R. Chomitz, **J.M. Sacheck**. Vitamin D intake and serum vitamin D in ethnically diverse urban schoolchildren. *Public Health Nutr*. 15(11):2047-53, 2012. PMCID: 4390038.
24. \*Au, L.E., C.D. Economos, E. Goodman, R.F. Houser, A. Must, V.R. Chomitz, E.H. Morgan, **J.M. Sacheck**. Dietary intake and cardiometabolic risk in ethnically diverse urban schoolchildren. *J Acad Nutr Diet*. 112(11):1815-21, 2012. PMID: 23102181.
25. \*Morgan, E.H., R.F. Houser, L.E. Au, **J.M. Sacheck**. Associations between three school-based measures of health: Is BMI enough? *J Sch Nurs*. 29(5):378-385, 2013. PMID: 23239787.
26. \*Au, L.E., G.T. Rogers, S.S. Harris, J.T. Dwyer, P.F. Jacques, **J.M. Sacheck**. Associations of vitamin D intake with 25OHD by weight status and race/ethnicity in U.S. children. *J Acad Nutr Diet*. 113(11):1511-16, 2013. PMCID: 4435814.

27. **Sacheck, J.M.**, H. Rasmussen, M.M. Hall, T. Kafka, J.B. Blumberg, C.D. Economos. The association of pre-game snacks on exercise intensity, stress, and fatigue in children. *Pediatr Exerc Sci.* 26(2):159-67, 2014. DOI: 10.1123/pes.2013-0067.
28. \*Au, L.E., S.S. Harris, P.F. Jacques, J.T. Dwyer, **J.M. Sacheck**. Adherence to a vitamin D supplement intervention in urban schoolchildren. *J Acad Nutr Diet.* 114(1):86-90, 2014. PMID: 3867533.
29. Evans, E.W., P.F. Jacques, G.E. Dallal, **J.M. Sacheck**, A. Must. The role of eating frequency on total energy intake and diet quality in a low-income, racially diverse sample of schoolchildren. *Public Health Nutr.* 18(3):478-81, 2014. PMID: 4471996.
30. **Sacheck, J.M.** and M.M. Hall. Current evidence for the impact of physical fitness on health outcomes in youth. *Am J Lifestyle Med.* Epub ahead of print; June 2014. DOI: 10.1177/1559827614537780.
31. \*Au, L.E., S.S. Harris, J.T. Dwyer, P.F. Jacques, **J.M. Sacheck**. Association of serum 25-hydroxyvitamin D with race/ethnicity and constitutive skin color in urban schoolchildren. *J Pediatr Endocrinol Metab.* 27(11-12):1095-100, 2014. PMID: 4435804.
32. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Exploring new relationships between physical activity volume, intensity and cardiometabolic risk in U.S. adolescents. *Journal of Physical Activity and Health.* 12(9): 1312-9, 2014. PMID: 25526280.
33. **Sacheck, J.M.**, V.R. Chomitz, E. Goodman, C. Gordon, M. Van Rompay, L.E. Au, E. Olson, M. Eliasziw, M.F. Holick, C.D. Economos. Recruitment and retention of urban schoolchildren into a randomized double-blind vitamin D supplementation trial. *Clinical Trials.* 12(1):45-53, 2015. PMID: 4344912.
34. Kirn D.R., A. Koochek, K.F. Reid, Å. von Berens, T.G. Travison, S. Folta, **J. Sacheck**, M. Nelson, C. Liu, E. Phillips, A.C. Åberg, M. Nydahl, T. Gustafsson, T. Cederholm, R.A. Fielding. The Vitality, Independence, and Vigor in Elderly 2 Study (VIVE2): Design and methods. *Contemp Clin Trials.* 43:164-171, 2015. PMID: 26044464.
35. Evans, E. W., P.F. Jacques, G.E. Dallal, **J.M. Sacheck**, A. Must. The role of eating frequency on relative weight in urban school-age children. *Pediatric Obesity.* 10(6):442-7, 2015. PMID: 4495000.
36. Corcoran, M., M. Nelson, **J.M. Sacheck**, K. Reid, D. Kirn, R.A. Fielding, S.C. Folta. Recruitment of mobility limited older adults into a facility-led exercise nutrition study: The effect of social involvement. *Gerontologist.* Epub ahead of print; Mar 2015. DOI: 10.1093/geront/gnv018.
37. Anzman-Frasca, S., R. Boulos, T. Dicolen, S.C. Folta, A. Koomas, M.E. Nelson, **J.M. Sacheck**, C.D. Economos. Validation of out-of-school-time snacks, beverages, and physical activity questionnaire (OST-SBPA). *Childhood Obesity.* 11(4): 439-48, 2015. PMID: 26176191.
38. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Demographic, physiologic, and psychosocial correlates of physical activity in low-income, overweight children. *J Nutr Educ Behav.* 47(5):452-8, 2015. PMID: 26145759.
39. \*Van Rompay, M., N.M. McKeown, E. Goodman, M. Eliasziw, V.R. Chomitz, C.M. Gordon, C.D. Economos, **J.M. Sacheck**. Sugar-sweetened beverage intake is positively associated with baseline triglyceride concentrations, and changes in intake are negatively associated with HDL-cholesterol increases over 12 months in a multi-ethnic sample of children. *J Nutr.* 145(10):2389-95, 2015. DOI: 10.3945/jn.115.212662.
40. Folta, S.C., A. Koomas, N. Metayer, K.J. Fullerton, K.L. Hubbard, S. Anzman-Frasca, T. Dicolen, M. Nelson, M. Newman, **J.M. Sacheck**, C.D. Economos. Engaging stakeholders from volunteer-led out-of-



- school time programs in the dissemination of guiding principles for healthy snacking and physical activity. *Preventing Chronic Disease*. 24(12):E225, 2015. DOI: 10.5888/pcd12.150270.
41. \*Sawicki C.M., M.I. VanRompay, L.E. Au, C.M. Gordon, **J.M. Sacheck**. Sun exposure during summer months does not prevent a fall in serum 25-hydroxyvitamin D after winter supplementation in children. *J Nutr*, 146(4):751-7, 2016. PMID: 4807642.
  42. \*Hubbard K., C.D. Economos, P. Bakun, R. Boulos, K.K. Chui, M. Mueller, K. Smith, **J.M. Sacheck**. Disparities in moderate-to-vigorous physical activity among girls and overweight and obese school children during school- and out-of-school time. *Int J Behav Nutr Phys Act*. 13(1):39, 2016. DOI: 10.1186/s12966-016-0358-x.
  43. Francis, C.E., P.E. Longmuir, C. Boyer, P. Belanger, L.B. Andersen, J.D. Barnes, E. Boiarskaia, J. Cairney, A.D. Faigenbaum, G. Faulkner, B.P. Hands, J.A. Hay, I. Janssen, P.T. Katzmarzyk, H.C.G. Kemper, D. Knudson, M. Lloyd, T.L. McKenzie, T.S. Olds, **J.M. Sacheck**, R.J. Shephard, D.F. Stodden, W. Zhu, M.S. Tremblay. Developing a physical literacy model and relative factor importance within the Canadian Assessment of Physical Literacy: A Delphi process. *J Phys Act Health*. 13(2):214-22, 2016. PMID: 26106940.
  44. Corcoran, M., K. Chui, D.K. White, K.F. Reid, D. Kirn, M.E. Nelson, **J.M. Sacheck**, S.C. Folta, Fielding, R. A. Accelerometer assessment of physical activity and its association with physical function in older adults residing at assisted care facilities. *Journal of Nutrition, Health and Aging*. 20(7):752-8, 2016. PMID: 27499309.
  45. Hatfield, D.P., V.R. Chomitz, K.K. Chui, **J.M. Sacheck**, A. Brown, C.D. Economos. Impact of a community-based physical activity program on overweight/obese children's fitness and adiposity. *Health Promotion Practice*. Epub ahead of print, 2016. PMID: 27199149.
  46. \*Wright, C.M., P.J. Duquesnay, S. Anzman-Frasca, V.R. Chomitz, K. Chui, C.D. Economos, E.G. Langevin, M.E. Nelson, **J.M. Sacheck**. Study Protocol: The Fueling Learning through Exercise (FLEX) Study – A randomized controlled trial of the impact of school-based physical activity programs on children's physical activity, cognitive function, and academic achievement. *BMC Public Health*. 16(1): 1078, 2016.
  47. **Sacheck, J.M.** Vigorous physical activity in youth – Just one end of the physical activity spectrum? *Amer J Lifestyle Med*. 11(2):116-118, 2016.
  48. Economos, C.D., A. Koomas, S. Anzman-Frasca, S. Folta, M. Newman, J Heck, G. Chen, **J.M. Sacheck**. Snacks, beverages, and physical activity during volunteer-led out-of-school-time programs: A cross-sectional analysis. *BMC Public Health*. 17(1):125, 2017.
  49. Linder, D., **J.M. Sacheck**, F. Noubary, M. Nelson, L. Freeman. Dog attachment and perceived social support in overweight/obese and healthy weight children. *Prev Med Reports*. 6:352-354, 2017.
  50. Corcoran, M., M.E. Nelson, **J.M. Sacheck**, K.F. Reid, D. Kirn, R.A. Fielding, K.K. Chui, S.C. Folta. Efficacy of an exercise and nutritional supplement program on physical performance and nutritional status in older adults with mobility limitations residing at senior living facilities. *Journal of Aging and Physical Activity*. 25(3):453-463, 2017.
  51. \*Amin, S., C.M. Wright, R. Boulos, V.R. Chomitz, K. Chui, C.D. Economos, **J.M. Sacheck**. The physical activity environment and academic achievement in Massachusetts schoolchildren. *Journal of School Health*. 87(12):932-940, 2017.

52. Fielding, R.A., G.T. Trivison, D.R. Kirn, A. Koochek, K.F. Reid, Å. von Berens, H. Zhu, S.C. Folta, **J.M. Sacheck**, M.E. Nelson, C.K. Liu, A.C. Åberg, M. Nydahl, M. Lilja, T. Gustafsson, T. Cederholm. Effect of structured physical activity and nutritional supplementation on physical function in mobility-limited older adults: results from the VIVE2 randomized trial. *J Nutr Health Aging*. 21(9):936-942, 2017.
53. \*Bleiweiss-Sande, R., S. Kranz, P. Bakun, L.A. Tanskey, C.M. Wright, **J.M Sacheck**. Comparative study of a new dietary screener to assess food groups of concern in children. *Food and Nutrition Bulletin*. 38(4):585-593, 2017.
54. \*Berger, S.E., M. Van Rompay, C.M. Gordon, E. Goodman, M. Eliasziw, M.F. Holick, **J.M. Sacheck**. Investigation of the 3-epi-25(OH)D<sub>3</sub> of 25-hydroxyvitamin D<sub>3</sub> in urban schoolchildren. *Appl Physiol Nutr Metab*. Epub ahead of print, Oct 2017.
55. **Sacheck, J.M.**, M. Van Rompay, V.R. Chomitz, C.D. Economos, M. Eliasziw, E. Goodman, C.M. Gordon, M.F. Holick. The impact of three doses of daily vitamin D on serum 25(OH)D deficiency and insufficiency in at-risk schoolchildren – a randomized clinical trial. *J Clin Endocrinol Metab*. 102(12):4496-4505, 2017.
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57. \*Amin, S., P. Duquesnay, C.M. Wright, K. Chui, C.D. Economos, **J.M. Sacheck**. The association between perceived athletic competence and physical activity: implications for low-income schoolchildren. *Pediatr Exerc Sci*. 30(3):433-440, 2018.
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60. **Sacheck, J.M.** and S. Amin. Cardiorespiratory fitness in children and youth – A call for surveillance, but now how do we do it? *Exer Sports Sci Rev*. 46(2):65, 2018.
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70. \*Bleiweiss-Sande, R., K. Chui, E. W. Evans, J. Goldberg, S. Amin, **J. Sacheck**. Robustness of food processing classification systems. *Nutrients*. 11;1344. Online June 14, 2019.
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72. \*Bleiweiss-Sande, R., K. Chui, C. Wright, S. Anzman-Frasca, S. Amin, **J. Sacheck**. Associations between dietary intake patterns, cognition, and academic achievement in 3<sup>rd</sup> and 4<sup>th</sup> grade children from the Fueling Learning through Exercise Study. *Nutrients*. 11(11): 2019.
73. **Sacheck, J.M.** and C.M. Wright. What do teachers see? Perceptions of school-time physical activity programs on student behavior. *Journal of Sport and Health Sciences*. 9(1):50-52, 2020.
74. \*Bleiweiss-Sande, R., J. Goldberg, W. Evans, K. Chui, C. Bailey, **J.M. Sacheck**. Chemicals, cans and factories: how grade school children think about processed foods. *Public Health Nutrition*. 18:1-10, 2020.
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77. **Sacheck, J.M.** and D. Mozaffarian. Physical activity in patients with existing atrial fibrillation: Time for an exercise prescription? *Eur Heart J*. 41(15):1476-1478, 2020.
78. Sylvetsky, A.C., C. Turvey, S. Halberg, J.R. Weisenberg, K. Lora, A.J. Visek, **J. Sacheck**. Parental concerns about child caffeinated sugar-sweetened beverage intake and perceived barriers to reducing consumption. *Nutrients*. 12(4):885, 2020.
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82. **Sacheck, J.M.**, C.M. Wright, S. Anzman-Frasca, V.M. Chomitz, K. Chui, P. Duquesnay, M.E. Nelson, C.D. Economos. The FLEX Study cluster-randomized trial: Impact on children's moderate-to-vigorous physical activity. *Am J Prev Med*. Online March 26, 2021.
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84. \*Turvey, C., M. Moran, **J. Sacheck**, A. Arashiro, Q. Huang, K. Heley, E. Johnston, R. Neff. Messaging to capture attention of consumers who misunderstand food date labeling. *J Nutr Educ Behav*. May 2021.
85. Sylvetsky, A.C., Halberg, S., A.J. Visek, E.F. Blake, **J.M. Sacheck**. Feasibility and acceptability of a randomized controlled trial to investigate withdrawal symptoms in response to caffeinated sugary drink cessation among children. *Contemporary Clinical Trials*. June 2021.
86. **Sacheck, J.M.**, H. Press, E. Blake, Q. Huang, C. Wright, L. DiPietro. Understanding school physical activity patterns across the school day in urban elementary schoolchildren. *Amer J Health Promotion*. August 2021.
87. \*St. Pierre, C., W. Guan, J. Merrill, S. Gottlieb, L. Barry, G. Dease, A. Morris, **J.M. Sacheck**. Nutrition interventions for middle school-age students: a systematic review of train-the-trainer approaches. *Nutrients*. Online August 2021.
88. **Sacheck, J.M.**, Q. Huang, V.R. Chomitz, C.D. Economos, M. Eliasziw, C.M. Gordon, M.I. Van Rompay, E. Goodman. Impact of vitamin D<sub>3</sub> supplementation on cardiometabolic risk among diverse schoolchildren. *Am J Clin Nutr*. Sept 2021.
89. Cashman, K.D, M.E. Kiely, R. Andersen, I.M. Grønberg, I. Tetens, L. Tripkovic, S.A. Lanham-New, C. Lamberg-Allardt, F.A. Adebayo, J.C. Gallagher, L.M. Smith, **J.M. Sacheck**, Q. Huang, K. Ng, C. Yuan, E.L. Giovannucci, K. Rajakumar, C.G. Patterson, I. Öhlund, P.K. Åkeson, C. Ritz. Individual participant data (IPD)-level meta-analysis of randomised controlled trials to estimate dietary reference values for vitamin D in dark-skinned individuals. *Eur J Nutr*. October 2021.
90. Casey, C, Q. Huang, S.A. Talegawkar, A.C. Sylvetsky, **J.M. Sacheck**, L. DiPietro, K.R. Lora. Location of consumption is associated with added sugar, saturated fat, and sodium intake from snacks in U.S. adolescents aged 12-19 years. *Prev Med Reports*. Nov 5, 2021.
91. \*St. Pierre, C., W. Guan, J. Merrill, **J.M. Sacheck**. Perceived food security and dietary quality among urban youth during the COVID-19 pandemic. *Nutrients*. Accepted January 2022.
92. Sylvetsky, A.C., J.H. Kaidbey, K. Ferguson, A.J. Visek, **J.M. Sacheck**. Impacts of the COVID-19 pandemic on children's sugary drink consumption: a qualitative study. *Frontiers in Nutrition*. March 16, 2022.
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emotional responses during three days of sugary drink cessation. *Frontiers in Nutrition*. Accepted March 2022.

94. \*St. Pierre, C., M. Ver Ploeg, T. Coughtrey-Davenport, C. Jakazi, E. Layman, S. Pryor, W. Dietz, **J.M. Sacheck**. Food insecurity and childhood obesity: A systematic review. *Pediatrics*. Accepted April 2022.

#### *Under Review*

95. Krobath, D, E. Naumova, N. Wilson, A. Cuevos, **J.M. Sacheck**, C.D. Economos. Hypotheses and observations of an overlooked form of structural racism in health research: Nonrandom data missingness in reporting of race/ethnicity.
96. \*Schultz, N.S., K. Chui, C.D. Economos, A.H. Lichtenstein, S.L. Volpe, **J.M. Sacheck**. Relationship between employee physical activity and implementation of student school-based physical activity programs.

#### *In progress*

97. **Sacheck, J.M.**, W. Guan, J. Mitchell, K. Rawlings, J. Merrill. The COACHES Study – Methods of implementation and evaluation.
98. **Sacheck, J.M.**, C.M. Wright, S. Anzman-Frasca, V.M. Chomitz, K. Chui, P. Duquesnay, C.D. Economos, M.E. Nelson, J. Sallis. The FLEX Study – Relationships between physical activity programming and academic achievement.
99. Hennessy, E., C. Wright, D. Hatfield, C.D. Economos, **J. Sacheck**. Understanding best practices for family engagement in school-based physical activity programming.
100. \*Lehnerd, M., S. Cash, J. Goldberg, T. Griffin, S., **J. Sacheck**. Understanding child food literacy in the context of farm to school programs.
101. Brandes, M., B. Brandes, L. Sell, **J. Sacheck**, M. Chinapaw, D.R. Lubans, A. Woll, J. Schipperijn, R. Jago, H. Busse. Finding the needle in the haystack – criteria of local stakeholders and scientists to select suitable interventions for promoting physical activity in primary school children.

#### *Peer Reviewed Reports*

102. **Sacheck, J.M.** and N. Schultz. *Optimal Nutrition for Youth Athletes: Food Sources and Fuel Timing*. National Youth Sports Health & Safety Institute, 2016. Online at: [www.nyshsi.org](http://www.nyshsi.org)
103. Institute of Medicine, Food and Nutrition Board. *Physical Fitness and Health Outcomes in Youth*. Committee member and co-author. Sept 27, 2012. <http://www.iom.edu/Reports/2012/Fitness-Measures-and-Health-Outcomes-in-Youth.aspx>
104. **Sacheck, J.M.** and A. Glynn. *Physical Activity in Massachusetts: What Can Be Done?* Research Policy Brief for Massachusetts Health Policy Forum. May 16, 2012. On-line at: [http://masshealthpolicyforum.brandeis.edu/forums/Documents/IssueBrief\\_Physical-Activity2012.pdf](http://masshealthpolicyforum.brandeis.edu/forums/Documents/IssueBrief_Physical-Activity2012.pdf).
105. **Sacheck, J.M.** and V. Clark. *Childhood Overweight and Obesity in Massachusetts: What Can Be Done?* Research Policy Brief for Massachusetts Health Policy Forum. June 2008. On-line at: <http://masshealthpolicyforum.brandeis.edu/forums/forumpages/Childhood%20Obesity.html>

#### *Non-Peer reviewed reports*

106. C.D. Economos and **J.M. Sacheck**. *Science-Based Policy Statement on Optimal Nutrition for Children Playing Soccer*. Major League Soccer, Healthy half-time snacks, 2007. On-line at: [http://ww2.mlsnet.com/mls/programs/mls\\_works/programs/hhs/](http://ww2.mlsnet.com/mls/programs/mls_works/programs/hhs/).

107. **Sacheck, J.M.**, C. Wright, V. Chomitz, K. Chui, C. Economos. *Active Bodies, Active Minds: A Case Study on Physical Activity and Academic Success in Lawrence, Massachusetts*. January 2015. Online at: <http://www.tbf.org/>
108. **Sacheck, J.M.**, C.D. Economos, P. Wilde, T. Griffin. *Dishing Out Healthy School Meals*. Harvard Pilgrim Healthcare research release on school food service in Maine, Massachusetts, and New Hampshire. October 2010. Online at: <http://harvardpilgrim.org/>
109. C.D. Economos, J. Goldberg, **J.M. Sacheck**, S. Folta, V. Clark. *Tipping the Scales in Favor of Our Children*. Harvard Pilgrim Health Care research release on the state of childhood obesity in Maine, Massachusetts and New Hampshire. June 2008. On-line at: [Online at: http://harvardpilgrim.org/](http://harvardpilgrim.org/)

#### *Book Chapters*

110. **Sacheck J**, Amin S. *Strategies to Address Physical Activity in Schools*. In: Boulton ML, Wallace RB, eds. *Public Health & Preventive Medicine*. 16th ed. Maxcey-Rosenau-Last Public Health and Preventive Medicine: Sixteenth Edition, New York, NY: McGraw-Hill; 2020.

#### *Books Authored*

111. *Thinner This Year*. Chris Crowley and **Jen Sacheck**. Workman Publishing Company. New York, NY. December 2012.

#### *Books Edited*

112. Tufts Health and Nutrition Newsletter Special Report: *Diet and Exercise: A Powerful Anti-Aging Formula: How diet and exercise can lead to a longer, happier and more productive life*. 2016, 2017

#### *Scientific Proceedings*

113. *Proceedings of the Nutrition, Diet Therapy & Food Safety in the Context of COVID-19*. NutriTerra Proceedings E-book (Bucharest, Romania May 2020). ISBN 978-88-85813-91-5. Filodirrito Editors (Bologna, Italia). July 2020.

#### *Other*

114. C.D. Economos, **J.M. Sacheck**, J. Goldberg. Website content development for *The Weight of the Nation Website*. HBO Documentary Films, Institute of Medicine, Centers for Disease Control, National Institutes of Health, Kaiser Permanente, and the Michael & Susan Dell Foundation. May 2012. <http://theweightofthenation.hbo.com/#>

#### *Published Abstracts (abbreviated list: from 2014-present)*

1. Van Rompay, M., N.M. McKeown, M. Eliasziw, E. Goodman, V.R Chomitz, C.M. Gordon, C.D. Economos, **J.M. Sacheck**. Intakes of sugar-sweetened beverages and total sugars are associated with higher triglycerides in a multi-ethnic sample of children. American Heart Association Epidemiology Meeting, San Francisco, CA, March 2014.
2. Schultz, N. M. Eliasziw, M. Van Rompay, V. Chomitz, C.D. Economos, **J.M. Sacheck**. Validity of the Block Kids Physical Activity Screener for Moderate to Vigorous Physical Activity. American College of Sports Medicine Annual Meeting, May 2014.
3. **Sacheck, J.M.**, Mueller, M., Bakun, P., Boulos, R., Hubbard, K., Smith, K., Whitman, N., Economos, C. Disparities in moderate-to-vigorous physical activity among overweight and obese schoolchildren during school- and out-of-school time. The Obesity Society Annual Meeting. Boston, MA. November 2014.

4. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Correlates of physical activity among low-income overweight/obese children during and outside of a structured physical activity program. The Obesity Society Annual Meeting. Boston, MA, November 2014.
5. Berger, S. E., M. Van Rompay, C.M. Gordon, E. Goodman, C.D. Economos, M. Eliasziw, M.F. Holick, **J.M. Sacheck**. Investigation of the 3-epimer of 25-hydroxyvitamin D3 in urban schoolchildren. Experimental Biology Annual Meeting, Boston, MA, March 2015.
6. **J.M. Sacheck**, C. Wright, V. Chomitz, K. Chui, K. Usher, C.D. Economos. The school physical activity environment: Relationship to academic outcomes in underserved schoolchildren. International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Edinburgh, Scotland. June 2015.
7. Cederholm, T., A. Koochek, D. R. Kirn, K. F. Reid, A. von Berens, T. G., Trivison, S. Folta, **J. M. Sacheck**, M. Nelson, C. Liu, E. Phillips, A. C. Aberg, M. Nydahl, T. Gustafsson, R. A. Fielding. Effect of Nutritional Supplementation and Structured Physical Activity on Physical Function in Mobility-Limited Older Adults: Results from the VIVE2 Study. The European Society for Clinical Nutrition and Metabolism. Lisbon, Portugal. September 2015.
8. Chomitz, V., C. Fitzpatrick, C.M. Wright, K. Chui, **J. Sacheck**. A mixed methods evaluation of a school physical activity environment scan tool. APHA Annual Meeting, Chicago, IL, November 2015.
9. Economos, CE, S. Anzman-Frasca, A. Koomas, S. Folta, K. Fullerton, D. Gonsalves, **J. Sacheck**, C. Brown, M.E. Nelson. Effectiveness of the Health Kids Out of School (HKOS) Program. Society for Behavioral Medicine Annual Meeting. April 2016.
10. Amin, S.A., K. Chui, C.M. Wright, V.R. Chomitz, C.D. Economos, **J.M Sacheck**. The Association between perceived peer and teacher social support and physical activity in schoolchildren. American College of Sports Medicine Annual Meeting. Boston, MA, June 2016.
11. Amin, S.A., K. Chui, P. Duquesnay, C.M. Wright, C.D. Economos, **J.M. Sacheck**. The association between perceived athletic competence and physical activity: implications for low-income schoolchildren. American College of Sports Medicine Annual Meeting. Denver, CO, June 2017.
12. **J.M. Sacheck**, C. Wright, S. Amin, S. Anzman-Frasca, V. Chomitz, K. Chui, M. Nelson, C.D. Economos. The Fueling Learning through Exercise (FLEX) Study: Short-term findings on sedentary time in lower-income schoolchildren. American College of Sports Medicine Annual Meeting. Denver, CO, June 2016.
13. Chomitz, V.R., P. Duquesnay, C. Wright, S. Amin, S. Anzman-Frasca, K. Chui, C. Economos, M. Nelson, **J.M. Sacheck**. Physical activity programming in lower-income schools: Preliminary implementation results from the Fueling Learning through Exercise (FLEX) Study. International Society for Behavioral Nutrition and Physical Activity. Vancouver, Canada. June 2017.
14. Anzman-Frasca, S., S.A. Amin, C.M. Wright, V.R. Chomitz, C.D. Economos, **J.M. Sacheck**. Associations between sedentary time and executive functioning among low-income schoolchildren. The Obesity Society Annual Meeting. Washington, D.C., October 2017.
15. Amin, S., M. Lehnerd, S.B. Cash, C.D. Economos, **J.M. Sacheck**. Development of a food literacy tool for children (grades 4-5). APHA Annual Meeting. Atlanta, GA. November 2017.
16. **Sacheck, J.M.**, S. Amin, S. Anzman-Frasca, V.R. Chomitz, K. Chui, P. Duquesnay, M. Nelson, C. Wright, C.D. Economos. Fueling Learning Through Exercise (FLEX) – Long-Term Impact of School-based Programs on Children’s Moderate-to-Vigorous Physical Activity. American College of Sports Medicine Annual Meeting. Minneapolis, MN, 2018.

17. Hennessy, E., D.P. Hatfield, K. Chui, S. Herrick, C. Odalen, T. West, R. Pratt, C. Wright, **J.M. Sacheck**. Changes in ability, confidence, and motivation among children in a novel school-based physical literacy intervention. American College of Sports Medicine Annual Meeting. Minneapolis, MN, 2018.
18. Amin S.A., K. Chui, P.J. Duquesnay, C.M. Wright, C.D. Economos, **J.M. Sacheck**. Impact of social support on changes in physical activity among children participating in school-based programs. Oral Presentation. American College of Sports Medicine Annual Meeting. Minneapolis, MN, 2018.
19. Bleiweiss-Sande, R., J. Goldberg, K. Chui, W. Evans, **J. Sacheck**. Chemicals, cans and factories: how children think about processed food. Society for Behavioral Medicine Annual Meeting. Washington, D.C., March 2019.
20. Bleiweiss-Sande, R., K. Chui, C. Wright, S. Anzman-Frasca, S. Amin, **J. Sacheck**. Associations between dietary intake patterns, cognition, and academic achievement in 3<sup>rd</sup> and 4<sup>th</sup> grade children from the Fueling Learning through Exercise Study. American Society for Nutrition Annual Meeting. Baltimore, MD, June 2019.
21. Bleiweiss-Sande, R., K. Chui, W. Evans, S. Amin, J. Goldberg, **J. Sacheck**. Alignment of food processing classification systems with nutrient quality. American Society for Nutrition Annual Meeting. Baltimore, MD, June 2019.
22. Bleiweiss-Sande, R., K. Chui, W. Evans, S. Amin, J. Goldberg, **J. Sacheck**. Perceptions of processed foods among low-income and immigrant parents. International Society for Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.
23. Amin, S.A., P.J. Duquesnay, K. Chui, C.M. Wright, **J.M. Sacheck**. Examining shifts in school-time physical activity patterns from elementary to middle school among lower-income schoolchildren. Society for Nutrition Education and Behavior Annual Meeting. July 2019.
24. Banda, J., M.N. Brown, T.C. Lohse, A. Suarez, M. Reddy, L.H. Smith, L.M. Bryant, **J.M. Sacheck**. Child Physical Activity and Team Snacks in YMCA Sports Programs. International Society for Behavioral Nutrition and Physical Activity, Auckland, New Zealand, June 2020.
25. Halberg, S., A.J. Visek, E.F. Blake, **J. Sacheck**, A.C. Sylvetsky. Understanding Determinants of Caffeinated Sugar-Sweetened Beverage Consumption among Children: A Concept Mapping Approach. American Diabetes Association Scientific Sessions, June 2020.
26. **J.M. Sacheck**, Guan, W., K. Rawlings, J. Mitchell, J. Merrill. Impact of the COVID-19 pandemic on Youth Physical Activity and Well-being: Findings from the COACHES Study. American College of Sports Medicine Annual Meeting. May 2021.
27. St. Pierre, C., W. Guan, K. Rawlings, J. Mitchell, J. Merrill, **J.M. Sacheck**. Changes in Dietary Intake During COVID-19 Among Urban Youth: Insights from the COACHES Study. American Society for Nutrition Annual Meeting, June 2021.

## **Scholarly Presentations**

### *Invited Lectures - Regional*

1. U.S. Army Research Institute of Environmental Medicine. The role of vitamin E and oxidative stress in exercise. Natick, MA, March 29, 2004
2. Harvard School of Public Health. From Exercise to Aging – Stress & Nutrient Modulation of Skeletal Muscle Plasticity. Boston, MA, Feb 15, 2005



3. FSNSP at Tufts University. Finding the Metabolic Balance – Muscle Adaptations During the Stress of Exercise and Disuse. March 10, 2005
4. Tufts University Freshman FIT orientation. The college years: The Tufts Longitudinal Health Study. Medford, MA, August 24, 2006
5. Medical Grand Rounds, Lowell General Hospital. Women’s Health: Physical Activity and Nutrition. Lowell, MA, March 22, 2006
6. Medical Grand Rounds, Lowell General Hospital. Women’s Health: Physical Activity and Nutrition Revisited. Lowell, MA, October 4, 2007
7. Conference on Childhood Obesity: Education, Management and Prevention. Childhood Obesity Prevention: Research on Community Based Interventions. Bridgewater, MA, April 20, 2007
8. Tufts University Freshman FIT orientation. The college years: The Tufts Longitudinal Health Study. Tufts University, Medford, MA, August 27, 2007
9. Massachusetts Health Policy Forum. Childhood Overweight and Obesity: What Can Be Done? Boston, MA, June 19, 2008
10. Neighborhood Health Plan Speaker Series. Childhood Overweight and Obesity in Massachusetts: Trends, Problems and Solutions. Boston, MA, September 17, 2009
11. Regis College Leadership Series on Health-Obesity: A Culture and Societal Perspective. Massachusetts and the Obesity Epidemic: Where Do We Stand? Weston, MA, Nov 18, 2009
12. Harvard Pilgrim Healthcare Foundation report release. Dishing Out Healthy School Meals. Boston, MA, Nov 3, 2010
13. Museum of Science *Food for Thought Forum*. Massachusetts, Our Kids, and the Obesity Epidemic: Let’s Get Back in Shape. Boston, MA, March 18, 2011
14. Active Lives: Transforming Ourselves and Our Patients. Preventing Disease: The Nutrition-Exercise-Inflammation Connection. Waltham, MA, November 11, 2011
15. Massachusetts Health Policy Forum. Physical Activity in Massachusetts: What Can Be Done? Boston, MA, May 16, 2012
16. Friedman Seminar Series. Youth Fitness – Where we are, where we are going and why do we care? Tufts University, Boston, MA, October 24, 2012
17. Annual BAMSI Conference. Eat Well to Live Well: Perspectives on Physical Health. Taunton, MA, November 20, 2013
18. Museum of Science. Evaluating Food and Health Claims in the Media. Boston, MA, February 5, 2014.
19. Massachusetts General Hospital, Sports Medicine Grand Rounds. Navigating the Fine Line between Sports Nutrition Myths and Reality. Boston, MA, October 14, 2014.
20. John Hancock Financial. Nutrition and Movement for Health and Fitness. Boston, MA, December 10, 2014.
21. John Hancock Financial. Sports Nutrition for Your Boston Marathon. Boston, MA, January 7, 2015.
22. The Boston Foundation Forum on Active Minds, Active Bodies. Setting the Research Stage on Positive Physical Activity Environments, Movement, and Academic Success. Boston, MA, January 15, 2015.

23. Tufts University Obesity Symposium. Tufts Talks Obesity: From Cell to Society. Boston, MA, April 28, 2015.
24. Lifestyle Medicine for Children and Adolescents/Special Symposium & Conference. What Gets Kids Moving towards Healthy Change. Harvard Medical School. Boston, MA, December 3, 2015.
25. John Hancock Financial. Nutrition and Movement for Health and Fitness. Boston, MA, December 17, 2015.
26. John Hancock Financial. Sports Nutrition for Your Boston Marathon. Boston, MA, January 6, 2016.
27. John Hancock Financial. Fueling Your Body for Movement and Success. Boston, MA, November 29, 2016.
28. John Hancock Financial. Sports Nutrition for Your Boston Marathon. Boston, MA, January 11, 2017.
29. Friedman Seminar Series. If Only Physical Activity Came in a Pill - The Challenges and Importance of Getting Kids Moving. Tufts University, Boston, MA, February 1, 2017.
30. John Hancock Financial. Nutrition & Exercise: A Powerful Anti-Aging Formula. Boston, MA, November 14, 2017.
31. John Hancock Financial. Fueling Your Body for Movement and Success. Boston, MA, December 5, 2017.
32. John Hancock Financial. Sports Nutrition for Your Boston Marathon. Boston, MA, January 17, 2018.
33. John Hancock Financial. Fueling Your Body for Movement and Success. Webinar, December 17, 2018.
34. John Hancock Financial. Sports Nutrition for Your Boston Marathon. Webinar, January 10, 2019.
35. Children's National Medical Center. Center for Translational Research Grand Rounds Seminar. The Race for Physical Activity to Catch Up with Nutrition – The Critical Need to Promote Both for Health Outcomes Among Children. Washington, D.C. May 5, 2019.
36. George Washington School of Medicine & Health Sciences. How Clinicians Can Help Turn the Tide of Obesity in Washington, D.C. Moderator: Determinants of Obesity: Increase Physical Activity. June 14, 2019.
37. John Hancock Financial and Manulife Investment Management. Fueling Your Body for Movement. Webinar, December 11, 2019.
38. John Hancock Financial and Manulife Investment Management. Fueling Up for Your Boston Marathon. Webinar, January 20, 2020.
39. Children's National Hospital, Washington, DC. CTSI – K-SIG Mentoring Seminar. Panelist. April 23, 2021.
40. George Washington University Milken Institute School of Public Health. *Celebrating 200 Years: Science, Policy, and Advocacy: GWSPH and the Future of Public Health*. Panelist/Obesity segment, Sept 9, 2021.

*Invited Scientific Lectures - National*

1. Gerontological Society of America. Oxidative Stress, Exercise and Sarcopenia. Boston, MA, November 25, 2002
2. Symposia on Nutrition and Exercise at a Crossroads: Experimental Biology Annual Meeting. Nutrient Modulation of the Ubiquitin-Proteasome System. San Diego, CA, April 12, 2003
3. Symposia on Exercise Immunology: American College of Sports Medicine Annual Meeting. Regulation of Protein Degradation in Skeletal Muscle. San Francisco, CA, May 28, 2003
4. KRAFT Foods. The effect of vitamin E and aging on the acute-phase response and oxidative stress in young and elderly men. Chicago, IL, Jan 24, 2005
5. International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Physical Activity and Dietary Predictors of Metabolic Risk in College Students. Boston, MA, July 2, 2006
6. Symposia on Nutrition and Inflammation: Intersociety Research Workshop preceding Clinical Nutrition Week. Pediatric Obesity: An inflammatory condition? Chicago, IL, February 8, 2008
7. Houston Tufts Alliance. Fitness and Nutrition: Separating Fact from Fiction. Houston, TX, March 30, 2008
8. Implementing School Wellness: Building Blocks to a Healthier School Nutrition Environment Conference. Tipping the Scales in Favor of Our Children. Concord, NH, August 13, 2008
9. University of Kansas 11<sup>th</sup> Annual Conference on the Prevention and Treatment of Overweight & Obese Individuals. Community-based environmental change to prevent childhood obesity - past and present efforts. Riverside, MO, September 12, 2009
10. Annual meeting of the American College of Sports Medicine. School-based fitness testing is associated with metabolic risk factors in schoolchildren independent of weight status. Baltimore, MD, June 3, 2010
11. School Nutrition Association of NH Annual Meeting. Dishing Out Healthy School Meals. Exeter, NH, April 2, 2011
12. Annual AAPERD (American Alliance for Health, Physical Education, Recreation and Dance) Conference. Panel Discussion: Evidence-Based Research in Physical Activity. Boston, MA, March 17, 2012
13. American Heart Association Annual Scientific Sessions. Vitamin D Deficiency: How Important in CVD Across the Lifespan? in Cardiovascular Seminar entitled Vitamins from A to E: Reexamining Vitamin Supplementation in CVD. Los Angeles, CA, Nov 6, 2012
14. American Heart Association Annual Scientific Sessions. Vitamin D Deficiency and Cardiometabolic Risk in Youth: What We Know and Don't Know in Cardiovascular Seminar entitled Truth or Fiction? Vitamins, Supplements and Heart Health. Los Angeles, CA, Nov 5, 2012
15. Exercise and Sport Sciences & Athletics Symposium: Youth, Health and Sport. Youth Exercise and Sport – Relevance of “Sports” Nutrition? Colby-Sawyer College, NH, March 18, 2013
16. US Youth Soccer Workshop at the NSCAA Convention. Nutrition and Physical Activity Training for the Older, Elite Youth Athlete. Philadelphia, PA, January 16, 2015
17. American College of Sports Medicine Annual Meeting. Importance of Providing Positive Nutrition Practices in Child Care Settings. San Diego, CA, May 27, 2015.

18. George Washington University, Milken School of Public Health Summer Seminar Series. If Only Physical Activity Came in a Pill: The Challenges and Importance of Getting Kids Moving. Washington, D.C., June 19, 2017.
19. Purdue University, Interdepartmental Nutrition Program Seminar Series. If Only Getting Kids Moving Was as Simple as Taking Vitamin D: Findings from Community-based Interventions. West Lafayette, IN, September, 22, 2017.
20. Society of Behavioral Medicine Annual Meeting. Symposium on Cardiometabolic Risk Across the Lifespan. Physical Activity & Fitness Among “Healthy” Children and Youth: Relationship to Cardiometabolic Risk. Washington, D.C., March 7, 2019.
21. Johns Hopkins Bloomberg School of Public Health. International Health, Center for Human Nutrition Seminar. The Race for Physical Activity to Catch Up with Nutrition – The Critical Need to Promote Both for Health Outcomes Among Children. Baltimore, MD. March 25, 2019.
22. American College of Sports Medicine Annual Meeting. Moving the Needle on School Physical Activity: Targets for Intervention and Worthwhile Outcomes. Orlando, FL, May 29, 2019.
23. Challenges and Innovative Practices in Recruiting Vulnerable Research Populations. Lessons learned conducting research among low-income, diverse schoolchildren. University of Texas, Austin, TX, June 1, 2018.
24. National Cancer Institute. Diet, weight and physical activity group. The Race for Physical Activity to Catch Up with Nutrition – Perspectives from the Fueling Learning through Exercise Study. Bethesda, MD, Feb 11, 2020.
25. Up2Us Sports Lunch and Learn Series. Moving the Needle on School Physical Activity: Targets for Intervention and Worthwhile Outcomes. Webinar, May 27, 2020.
26. Social Justice and the Power of Sports. Role of Sports in Helping Address Health Disparities in Underserved Communities. Up2Us Sports, Panelist. December 10, 2020.
27. Biomarkers of Nutrition for Development – Knowledge Indicating Dietary Sufficiency (BOND KIDS/NIH/NICHD) – Working Group Discussion – *Physical Activity and Physiology Considerations*. Webinar, March 4, 2022.

#### *Invited Scientific Lectures – International*

1. University of Birmingham. If Only Exercise Came in a Pill – Birmingham, England, November 15, 2016.
2. Nutrition, Diet Therapy, and Food Safety in the Context of the COVID-19, NutriTerra Virtual Congress. Importance of Proper Nutrition and Physical Activity During COVID-19: Role of Recommendations for Health & Well-being. The University of Medicine and Pharmacy ‘Carol Davila’, Bucharest, Romania. May 28, 2020.

#### *Other Relevant Invited National/International Talks/Lectures*

1. Cambridge Boat Club Sunday Night Supper. Fitter This Year Cambridge, MA, January 2013
2. Aspen Health Club’s “Younger Next Year Immersion Week”. Fitter This Year. and Exercise Nutrition 101. Aspen, CO, June 2013

3. Aspen Health Club's "Younger Next Year Immersion Week". Fitter This Year. and Exercise Nutrition 101. Aspen, CO, September 2013
4. New Jersey Young Presidents Organization Annual Retreat. Nutrition, Physical Activity for Corporate Wellness. New Jersey, September 2013
5. Maine Pointe LLC Executive Team Retreat. Nutrition, Physical Activity for Corporate Wellness. Tucson, AZ, December 2013
6. Canadian Young Presidents Organization Chapter Retreat. Nutrition, Physical Activity for Corporate Wellness. New Orleans, LA, January 2014
7. Edwards Life Biosciences Executive Team Retreat. Optimizing Your Health through Nutrition and Fitness. San Diego, CA, February 2014
8. Private Event. Fitter This Year through Optimal Nutrition and Fitness. Hingham, MA, March 2014
9. Aspen Health Club's "Young Presidents Organization Younger Next Year Immersion Week". Fitter This Year and Exercise Nutrition 101. Aspen, CO, April 2014
10. Aspen Health Club's "Young Presidents Organization Younger Next Year Immersion Week". Fitter This Year and Exercise Nutrition 101. Aspen, CO, April 2014
11. Aspen Health Club's "Younger Next Year Immersion Week". Fitter This Year and Nutrition for Movement. Aspen, CO, June 2014
12. Aspen Health Club's "Younger Next Year Immersion Week". Fitter This Year and Nutrition for Movement. Aspen, CO, September 2014
13. Tufts University Health Sciences Alumni Event. Your Body and Brain on Exercise. New York City, NY, April 2015
14. Fisher Auto Parts National Annual Manager's Meeting. Creating a Culture of Health: Fitter and Healthier This Year. Staunton, VA, September 1, 2015.
15. Health & Fitness Immersion Weekend. Creating a Culture of Health: Getting YOU Fitter and Healthier This Year. Lakeville, CT, October 10, 2015.
16. Washington Trust Bank President's Club Keynote. Getting Fitter and Healthier This Year. Kona, Hawaii, March 3, 2016.
17. AGN North America Annual Conference Keynote. Building Your Health Capital. Fitter and Healthier This Year. San Diego, CA, May 23, 2016.
18. American College of Sports Medicine Annual Meeting. Student Colloquium. Finding, Applying and Hiring: How to Transition to an Employee in Academia and Industry. Denver, CO, May 31, 2017.
19. Milken Institute Middle East North African (MENA) Summit. The Future of Health in the UAE. Abu Dhabi, United Arab Emirates February 6-7, 2018.
20. Ferrero. Panel discussion on the Kinder Joy of Moving U.S. launch, Panelist. Italian Embassy, Washington, D.C., May 11, 2018.
21. National Geographic Lunch and Learn Series. Beyond Chicken Nuggets and Fries. The Kid (and Adult) Food Reboot. Webinar, October 7, 2020.

22. National Geographic Lunch and Learn Series. Eating and Moving in the Age of COVID-19. Webinar, November 11, 2020.
23. Universal Service Administrative Company Health and Wellness Seminar. Eat Well to Live Well. Webinar, December 9, 2020.
24. CVent Health and Wellness Seminar. Building Your Health Capital. Webinar, March 11, 2021.
25. SourceAmerica Wellness Seminar. Eat Well to Live Well. Webinar, July 21, 2021.
26. IEEE Wellness Seminar. Building Your Health Capital. Webinar, March 16, 2022.

### **University Service**

*Administrative Assignments, Milken Institute School of Public Health, George Washington University*

- 2020- Program Director, PhD Program in Exercise Physiology and Applied Nutrition
- 2018- Chair, Department of Exercise and Nutrition Sciences

*School Committee Assignments, Milken Institute School of Public Health, George Washington University*

- 2021- Diversity, Equity and Inclusion Committee, Member
- 2019- Doctoral Programs Committee
- 2019 Appointments, Promotions, and Tenure Committee, Department of Prevention and Community Health
- 2018- School of Public Health Executive Committee, Member
- 2018- Sumner M. Redstone Global Center for Prevention and Wellness, Internal Advisory Committee Member
- 2018-2019 Chair, Search Committee, Chair of the Department of Biostatistics and Bioinformatics
- 2018-19 Search Committee, International Nutrition Candidate
- 2018 Search Committee, Visiting Assistant Professor of Nutrition
- 2018-19 Social and Behavioral Lab Task Force

*Administrative Assignments, Friedman School, Tufts University*

- 2015-2017 Co-director, Nutrition Interventions, Communications, and Behavior Change Program

*School Committee Assignments, Friedman School, Tufts University*

- 2016-2017 Nutrition Advisory Committee, Member
- 2015-2017 Tufts Health and Nutrition Newsletter, Editorial Advisory Board, Member
- 2014-2017 Appointments, Tenure, & Promotions Committee, Member
- 2014-2017 Curriculum & Degrees Committee, Member
- 2016-2017 Faculty Compensation Committee, Member
- 2006-2010 Admissions Committee, Member

*University Committee Assignments, Tufts University*

- 2015-2017 Nutrition and Wellness Committee, Co-Chair
- 2014-2017 Clinical and Translational Science Institute, Pilot Studies Review Committee, Member
- 2014-2015 Board of Trustees' Committee for University Advancement, FSNSP Representative
- 2011-2014 Health & Wellness Advisory Committee, Member

### **Professional Society Leadership & Membership**

*Professional Society Membership*

- 1996-Present American College of Sports Medicine

2004-Present American Society for Nutrition  
 2006-Present International Society of Behavioral Nutrition and Physical Activity  
 2006-2017 Boston Obesity/Nutrition Research Center  
 2005-2014 The Obesity Society  
 1999-2001 National Strength and Conditioning Association  
 1999-2001 American Physiological Society

*Committee Leadership*

2014-Present American College of Sports Medicine - Health and Science Policy Committee, Member  
 2012-Present American College of Sports Medicine - Strategic Health Initiative/Youth Sports & Health Committee, Member  
 2014-2018 American College of Sports Medicine - Leadership & Diversity Training Program, Mentor  
 2011-2012 Institute of Medicine – Fitness Measures and Health Outcomes in Youth, Committee Member

**Professional Working Groups/Research**

2021- NIH/NICHD - Biomarkers of Nutrition for Development (BOND): Knowledge Indicating Dietary Sufficiency (KIDS): the BOND-KIDS Project, Nutrition & Biology Working Group, Member

**Editorial Peer Review**

*Editorial Board*

2021- *Nutrients* (Peer-reviewed journal), Editorial Board Member  
 Special Issue Editor - *Physical Activity and Diet in Children and Youth for Health Outcomes Including Obesity Prevention, Cardiometabolic Risk and Cognitive Health*

*National/International Competitive Grants*

2021 NIH Special Emphasis Review Panel on Time-sensitive Obesity grants, Chair, August 2021  
 2020 NIH Special Emphasis Review Panel on Time-sensitive Obesity grants, Member  
 2020 NIH PRIDE-Cardiovascular Disease Program, Study Section Review Panel  
 2015-2019 NIH Special Emphasis Review Panel on Health-Enhancing Physical Activity, Member  
 2016, 2019 British Heart Foundation, Invited Grant Reviewer  
 2017 NIH Special Emphasis Panel on Molecular Profiles and Biomarkers of Food and Nutrient Intake, Member  
 June 2009 NIH/RC1 Childhood Obesity - Review Panel  
 2007-2009 NASA/NSBRI Physiology – Review Panel

*Academic Dossier Review*

2018-- Review 2-3 external dossiers for promotion annually  
 2019 European Science Foundation, Expert Reviewer

*Academic Program Reviews at Peer Institutions*

2022 College of William and Mary, Department of Kinesiology and Health Sciences, Member  
 2022 University of Michigan, School of Public Health, Department of Nutritional Sciences, Chair

*Other Editorial/Reviews*

2016, 2017 Tufts Health and Nutrition Newsletter Special Report: *Diet and Exercise: A Powerful Anti-Aging Formula: How diet and exercise can lead to a longer, happier and more productive*

- life*. Editorial Lead
- 2016, 2017 Active Living Research Annual Conference, Abstract Reviewer
- 2015 IOM Workshop Summary, *The Role of Physical Activity in the Prevention and Treatment of Obesity* - Reviewer
- 2015 Active Living Research, *Out-of-School Time Physical Activity Standards: Implementation Trends*, Reviewer
- 2012-2013 Canadian Assessment of Physical Literacy, Review Panel Member

#### *Recent Refereed Manuscript Reviews*

- |   |  |
|---|--|
| BMC Pediatrics                                    | PLOS One                               |
| BMC Public Health                                 | Pediatric Exercise Science             |
| Journal of the Academy of Nutrition and Dietetics | Pilot and Feasibility Studies          |
| Journal of Physical Activity and Health           | Preventive Medicine                    |
| Nutrients   | American Journal of Clinical Nutrition |

#### **External Activities & Partnerships**

- 2019-- Cigna Healthcare, Ad Hoc Content Expertise Consultant
- 2019-- Xenith – Scientific Advisory Board Member
- 2016-2018 Revere – Scientific Advisory Board Member
- 2016-2018 Destination Athlete – Leadership Advisory Board Member
- 2015-2017 Re-Imagine Play, Boston, MA - Advisory Board Member
- 2013-2016 New England Health Institute - Massachusetts Health Report Card, Advisory Board Member

#### *Program Evaluation*

- 2022- *FoodPrints*, Washington, DC – Evaluation consultant
- 2009-2016 *Kids in Motion*, West End House, Brighton, MA – Lead Evaluator
- 2014 *Playworks*, Boston, MA – Program Lead for Training of Playworks Staff on Evaluation
- 2009-2010 *New Balance Healthy Living Club*, Boys and Girls Club, Lawrence, MA – Lead Evaluator

#### *Certifications*

- 2000-2009 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association

#### **Teaching/Learning Portfolio**

##### *Program Development*

- 2019 Ph.D. Program Proposal in Exercise Physiology & Applied Nutrition, Milken Institute School of Public Health, George Washington University, Director
- 2015-2017 Development of the Nutrition Interventions, Communications, and Behavior Change Program, FSNSP, Tufts University, Co-director

##### *Courses Taught*

##### *Undergraduate Courses, Milken Institute School of Public Health, George Washington University*

- 2020, 2022 *Nutrition Science Senior Capstone* (EXNS 4112), Director
- 2018-ongoing *Introduction to Nutrition Science* (EXNS 2119), Director
- 2019 *Nutrition & Exercise Science Research Methods* (EXNS 3111), Co-instructor

##### *Graduate Courses, FSNSP Tufts University*

- 2014-2017 *Nutrition, Physical Activity and Health* (Nutr272), Director



2011-2015	<i>Nutritional Biochemistry (Nutr370) – Protein Biochemistry</i>
2007-2013	<i>Nutrition, Physical Activity and Health (Nutr272), Co-director</i>
2007-2010	<i>Nutritional Biochemistry and Physiology: Macronutrients (Nutr370), Director</i>
2006	<i>Fundamentals of Nutrition Science (Nutr291FN), Director</i>
2005	<i>Fundamentals of Nutrition Science (Nutr202), Director</i>

*Undergraduate Courses, Tufts University*

2001	<i>General Nutrition (Nutr101), Co-director</i>
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*Invited Course Lectures*

1. Youth Physical Activity – Some Epi and Some Application. EXNS 6208. Physical Activity Epidemiology. Spring 2021, 2022.
2. Implementing Community-based Diet and Physical Activity Interventions. Department of Exercise and Nutrition Sciences. EXNS 8110. PhD Seminar in Exercise Physiology and Applied Nutrition. Spring 2022.
3. Measurement of Physical Activity – Accelerometry. Department of Exercise and Nutrition Sciences. EXNS 8199. Advanced Exercise Physiology Laboratory. Fall 2021.
4. Importance of Youth Physical Activity. Department of Exercise and Nutrition Sciences, EXNS 1109 *Professional Foundations in Exercise Science*, George Washington School of Public Health, Fall 2019, 2020, 2021.
5. Finding the Balance in Exercise and Nutrition Science Studies. PUBH 8099. Doctoral Seminar in Public Health. George Washington University School of Public Health, Fall 2021.
6. Youth Physical Activity – Some Epi and Some Application. PUBH 6208 *Physical Activity Epidemiology*. George Washington University School of Public Health, Spring 2021.
7. Nutrition, Exercise and Immunity. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington School of Public Health, Spring 2021.
8. Caffeine and Exercise Performance. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington School of Public Health, Spring 2021.
9. Vitamin D Deficiency in Children and Youth: Considerations for Chronic Disease Prevention. Department of Exercise and Nutrition Sciences, EXNS 2115 *Nutrition Science Micronutrients*, George Washington School of Public Health, Spring 2019, Spring 2020.
10. How to get kids and communities moving. Physical Activity and Metabolism (graduate Medical Sciences program, GMS NU711). Boston University School of Medicine. Boston, MA. June 18, 2018.
11. Community-based Intervention Implementation. Nutr315: *Study Design in Nutrition Research*, FSNSP, Tufts University, 2017.
12. Physical activity epidemiology. Nutr305: *Nutritional Epidemiology*, FSNSP, Tufts University. 2013-Present.
13. Protein biochemistry: Branched chain amino acids. Nutr370: Nutritional Biochemistry, Macronutrients, FSNSP, Tufts University. 2016-2017.
14. Nutrition, inflammation and chronic disease. SAR HS 775: *Advanced Clinical Nutrition*, Sargent College of Health and Rehabilitation Sciences, Boston University, Spring 2008-2015.
15. Sports Nutrition. Nutr101: *General Nutrition*, Tufts University, Spring 2014.
16. Energy balance and sports nutrition. Nutr201: *Fundamentals of Nutrition Science*, Tufts University, August 5, 2008.

17. Water and electrolytes. Nutr291SP: *Scientific Principles of Nutrition*, FSNSP, Tufts University, April 10, 2007.
18. Protein Degradation. Nutr271A: *Nutritional Biochemistry – Macronutrients*, FSNSP, Tufts University, October 24, 2006.
19. General introduction to exercise physiology. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, September 20, 2004.
20. Exercise and the immune system. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Nov 25, 2002.
21. Exercise and oxidative stress. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Fall 2000, 2001 and 2004.
22. Nutrition for exercise performance and fitness. Nutr202: *Fundamentals of Nutrition*, FSNSP, Tufts University, Nov 9, 2000.
23. Exercise and oxidative stress. Bio95hfc: *Exercise Physiology Seminar*, Harvard University, Spring 1998.

### *Training of Graduate Students/Postdoctoral Trainees*

#### *Dissertation Committees*

- |           |   |
|-----------|---|
| 2021-     | Christine St. Pierre, MPH, R.D., candidate in EPAN, George Washington University, Chair   |
| 2021-     | Breanne Wilhite, M.S., Ph.D. candidate in NICBC, FSNSP, Tufts University, Committee Member  |
| 2020-     | Danielle Krobath, Ph.D. candidate in FPAN, FSNSP, Tufts University, Collaborator  |
| 2016-2019 | Rachel Bleiweiss-Sande, Ph.D. candidate in NICBC, FSNSP, Tufts University, Chair<br><i>An investigation of the role of processed foods in children's health: classification, perceptions, dietary quality and weight status</i> |
| 2016-2018 | Meghan Lehnerd, Ph.D. candidate in AFE, FSNSP, Tufts University, Chair<br><i>Investigating the Adoption and Impact of Nutrition Incentive and Farm to School Programs</i>   |
| 2015-2018 | Nicole Schultz, Ph.D. candidate in BMN, FSNSP, Tufts University, Chair<br><i>School Employee Wellness: Understanding Health Behaviors and Identifying Opportunities for Student and Staff Health Promotion</i>                  |
| 2014-2017 | Lindsay Peterson, Ph.D. candidate in FPAN, FSNSP, Tufts University, Chair<br><i>An investigation of summer weight gain in elementary school students</i>  |
| 2012-2014 | Daniel Hatfield, M.S., Ph.D. candidate in FPAN, FSNSP, Tufts University   |
| 2011-2013 | Whitney Evans, M.S., RD, Ph.D. in Epidemiology, FSNSP, Tufts University   |
| 2011-2013 | Lauren Au, M.S., RD, Ph.D. in FPAN, FSNSP, Tufts University, Chair  |
| 2007-2008 | Nicole Rogers, Ph.D. in BMN, FSNSP, Tufts University  |
| 2007      | Sarah Bael Anderson, Ph.D. in Cell Biology, Department of Cell Biology, Harvard Medical School  |

#### *Doctoral Qualifying Exam Committees*

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|-----------|--|
| 2005-2017 | Served on approximately three doctoral qualifying exams per year |
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#### *Post-doctoral Trainees*

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|-----------|--|
| 2020      | Jingkai Wen, PhD, Post-doctoral Scholar in Epidemiology, GWSPH, ad-hoc mentor  |
| 2015-2017 | Sarah Amin, PhD, MPH, RD, Post-doctoral Scholar, Tufts University  |
| 2014-2016 | Deborah Linder, DVM, DACVN, Research Assistant Professor, Tufts Cummings School of Veterinary Medicine, CTSI KL2 Institutional Faculty Career Development Award Mentor, Promoting Children's Physical Activity with Pets |

2012-2016 Maria Van Rompay, M.S., Ph.D., Research Associate/Epidemiologist in Health Disparities, Daily D Health Study, Tufts University

#### *Directed Studies*

2017 Shannon Evins, RD, Food guidance in corporate wellness, MS candidate, FSNSP, Tufts University

2017 Sarah Kranz, Relationship between dietary patterns and cognitive health among schoolchildren, MS candidate, FSNSP, Tufts University

2016 Sarah Johnson, Physical fitness and cognitive health in children, MS Candidate, FSNSP, Tufts University

2015-2016 Ashley Wright, Wellness and health promotion, MS candidate, FSNSP, Tufts University

2015 Caleigh Sawicki, MS, MPH, Impact of skin color and tanning on serum vitamin D amongst diverse schoolchildren, MS candidate, FSNSP, Tufts University

2013 Nicole Schultz, Validation of the Block Physical Activity Screener in schoolchildren, MS candidate, FSNSP, Tufts University

2011 Tara Vance, Measuring the effect of a Boston-based after school wellness program on student's health knowledge, attitude and behavior, MS candidate, FSNSP, Tufts University

2010 Rachele Pojednic, Summer weight gain and loss of fitness in inner city adolescent girls, MS candidate, FSNSP, Tufts University

2007 Kristen Fay, Eating disorders in athletes at Tufts University, MS Candidate in Child Development, School of Arts and Sciences, Tufts University

2007 Sunmin Lee, Effect of low fat diets on blood lipids in college students, MS candidate, FSNSP, Tufts University

2007 Kamal Patel, Endocrinology of obesity, MS candidate, FSNSP, Tufts University

#### *Graduate Student Projects & Mentoring*

2021-2022 Loriann Hom, Physical Activity and Health MPH Candidate, Development and Implementation of the GW *FRESH* Study

2020-2021 Christie St. Pierre, M.S, R.D., Public Health Nutrition candidate, Nutrition interventions for middle school-age students: Systematic review of train-the-trainer approaches

2020-2021 Natasha Cruz, MPH in Physical Activity candidate, Systematic Review on successful teacher/mentor messaging to increase youth physical activity

2019-2020 Sarah Pohl, BSMPH Nutrition candidate, Food Pantry Fruit & Vegetable Campaign, Culminating Experience Mentor, George Washington University

2019-2020 Catherine Turvey, Applied Nutrition MPH Candidate, Consumer Understanding of Food Date Labeling, Culminating Experience Mentor, George Washington University

2018-2019 Hannah Press, Physical Activity MPH candidate, DC Fueling Learning Project, Culminating Experience Mentor, George Washington University

2016-2017 Samantha Hoeffler, M.S. Candidate in FPAN, Tufts University Health and Wellness Committee intern

2014-2015 Samantha Berger, M.S., MPH Candidate, Tufts University, Applied Learning Experience Preceptor

2013-2014 Nathan Rosenblum, M.S. Candidate in Biomedical Sciences, Library Thesis Reader

2013 Meghan Hall, M.S. Candidate in FPAN, FSNSP, Tufts University, Internship director

2012-2013 Anna Kukhta, M.P.H, M.S. Candidate in Biomedical Sciences, Library Thesis Supervisor

2012 Amy Glynn, MPP, MBA Candidate, Brandeis University, MA Health Policy Forum brief collaborator, co-author

2009-2013 Lauren Au, M.S., R.D., Ph.D. Candidate in FPAN, FSNSP, Tufts University, Advisor

2008-2010 Mary Kennedy, M.S., Ph.D. Candidate, FSNSP, Tufts University, Advisor  
 2008-2009 Tara Nelson, M.S./R.D. Candidate, Frances Stern, Tufts University, Senior Thesis Project Advisor  
 2008-2009 Laura Ficker, M.S./R.D. Candidate, Frances Stern, Tufts University, Senior Thesis Project Advisor  
 2007-2010 Kristen Fay, M.S., Applied Child Development, Tufts University, Thesis Committee  
 2007-2008 Tamar Kafka, M.S. Candidate, FSNSP, Tufts University, Nutrition Communication Internship  
 2007 Allison Quady, M.S. Candidate, FSNSP, Tufts University, Albert Schweitzer Fellowship Mentor

*Supervised Teaching Assistantships*

2021 Lorian Hom, Physical Activity and Health MPH Candidate, George Washington University  
 2020-21 Christian Fay, MS in Strength and Conditioning Candidate, George Washington University  
 2018 Victoria Phillips, Public Health Nutrition MPH candidate, George Washington University  
 2017 Delphine Van Roosebeke, M.S. candidate in BMN, FSNSP, Tufts University  
 2015-2016 Nicole Schultz, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2014-2015 Stacy Blondin, Ph.D. candidate in FPAN, FSNSP, Tufts University  
 2013 Rachele Pojednic, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2012 Sarah Sliwa, Ph.D. candidate in FPAN, FSNSP, Tufts University  
 2011 Elizabeth Morris Haselwandter, Ph.D. candidate in FPAN, FSNSP, Tufts University  
 2007-2008 Michael Corcoran, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2007-2008 Jonathan Mein, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2007 Sarah Belisle, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2007 Nicole Rogers, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2006 Michael Crosier, Ph.D. candidate in BMN, FSNSP, Tufts University  
 2005 Jessica Barney, M.S. candidate in FPAN, FSNSP, Tufts University

*Master's Advising*

2005-2018 Advise approximately 10 master's degree students per year

*Undergraduate Advising*

2021-- Research mentor for undergraduate research team on the FRESH Study (*Fitness, Rest, and Exercise for Strength and Health for incoming GW Freshman*)  
 2019-- Advise approximately 5-10 undergraduates per year on additional research/capstone projects

**Community Engagement** (*in addition to items specified above*)

*Community Organization Membership & Leadership*

2018-- Healthy Youth in Schools Physical Activity Sub-committee, Office of the State Superintendent, Washington, D.C.  
 2018-2019 Early Childhood Health Service Advisory Committee, D.C. Public Schools, Washington, D.C.  
 2018-19 Physical Activity Action Team, Diabetes Committee, Washington, D.C.

*Advisory Panel Participation*

2013-2016 New England Health Institute - Massachusetts Health Report Card, Advisory Board Member

*Consulting*  
2013-2015

Boston Red Sox HomeBase Program, Massachusetts General Hospital – Nutrition Consultant

*Lobbying*  
2015--

American College of Sports Medicine Capitol Hill Day, National Health through Fitness Day, lobbying key Congress members for bills in support of increasing physical activity, annual event in March

*Testimony*  
Sept 2013

Expert Testimony for Massachusetts legislative hearing in support of House Bill 2634, An Act to Reduce Childhood Obesity

April 2019

Expert Testimony for District of Columbia Healthy Students Amendment and Student Fair Access to Schools Act, Evidence for the need to fund mandate supporting nutrition and physical activity in schools