

Jennifer M. Sacheck, PhD, MS, FACSM

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Current Title

Jan 2018- Professor and Chair (tenured), Department of Exercise and Nutrition Sciences (EXNS)
Inaugural 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 Post-doctoral fellow, Department of Cell Biology
Harvard Medical School, Boston, MA
NIH-F32 Post-doctoral Fellowship (2003-2005)

Other Professional Employment/Positions

Academic Appointments

2020- Program Director, PhD Program in Exercise Physiology & Applied Nutrition, EXNS, 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 Employment

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*
- 1990-94 Division I Women's Rowing, Full Athletic Scholarship, *Syracuse University*

Major Research Interests

Broadly, I champion programs and policies that promote optimal nutrition, physical activity, and physiological health across the lifespan with a focus on those most at risk for poor health outcomes. My research lies at the intersection of nutrition, physical activity, and health-related outcomes with the goal of reducing pediatric health disparities. For the past two decades I have conducted obesity and chronic disease prevention research in both schools and communities. Recent projects have focused on food insecurity as well as community-based intervention studies including how physical activity and diet quality impact health outcomes including cardiometabolic risk, social-emotional well-being, and cognitive health among low-income, diverse children and youth.

Grants Awarded

Current Support

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|--|------------------------------|------------------------------------|
| 1. NIH NCI R21CA226829-01
\$850,000
<i>SPLASH - Supporting Physical Literacy and Activity at School and Home</i>
R33CA226829-01 | Hennessy/Sacheck (co-PI) | 3/1/19-3//23 |
| 2. DHHS/CDC/YES Initiative-CPIMP191186
\$449,931 | Sacheck/Up2Us Sports (co-PI) | 1/1/23-12/31/25
9/30/19-9/29/22 |

The Coaches (Creating Opportunities for Adolescents through Coaching, Healthy Eating, and Sports) Project

3. Research Innovation Award, Milken Institute School of Public Health (GW) 9/1/22-8/31/24
\$49,504
Role: Co-investigator Sylvetsky (PI)
DC-SIPPY: Decreasing Infants/Toddlers Sugar Intake through Pediatricians and Social Marketing
4. Mid-Atlantic Center for Cardiometabolic Health Equity (MACCHE) Pilot Project 9/1/22-8/31/23
\$46,494
Role: Co-Investigator Sylvetsky (PI)
DC-SIPS: Decreasing Children's Sugar Intake through Pediatricians and Social Marketing

Pending

5. 1 UG3 AT012520-1 NIH UG3/UH3 Sacheck (PI) 7/1/2023-6/30/28
\$6,035,289
Building Life skills, cOnfidence, cOnnectedness and Mental well-being through school-based kitchen garden programs: The BLOOM Study
6. NIH R21 Sylvetsky (PI) 4/1/23-3/31/25
\$466,801
Role: Co-Investigator
DC-SIPS: Decreasing Children's Sugar Intake through Pediatricians and Social Marketing

Current Projects (internal funding)

7. *The Fitness, Rest and Exercise for Strength and Health Study (FRESH)*
Sanofi Endowed Funds Sacheck (PI) 1/1/22- ongoing

Grants Concluded

8. 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
9. Healthy Eating Research (RWJF) Sacheck (PI) 12/22/20-12/31/21
\$8,000
Relationship between household food insecurity and childhood obesity
10. 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
11. 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

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| 12. | George Washington University Cross-disciplinary Research Fund (CDRF)
\$37,436
Role: Co-investigator
<i>Body Composition Using Body Surface Scans and Machine Learning</i> | Hahn (PI) | 7/1/19-6/30/20 |
| 13. | NIH-NICHD R01HD080180-01A1
\$2,354,328
<i>Understanding the impact of school-based physical activity programs</i> | Sacheck (PI) | 10/1/14 – 6/30/19 |
| 14. | D.C. Public Schools, Design Lab
\$5,500
<i>DC Fueling Learning</i> | Sacheck (PI) | 9/1/18-6/30/19 |
| 15. | Newman's Own Foundation
\$650,000
<i>Evaluation of the collective impact of innovative programs targeting food access across the United States</i> | Sacheck (PI) | 12/1/14 - 9/30/18 |
| 16. | Tufts Collaborates Grant
\$50,000
Role: Co-Investigator
<i>Understanding Dietary Behaviors in Middle Childhood: The Role of Autonomy, Health Literacy, and Food Literacy</i> | Fiery (PI) | 7/1/17-6/30/18 |
| 17. | The Boston Foundation
\$125,000
<i>Fitness and school health in Boston-area urban schoolchildren</i> | Sacheck (PI) | 7/1/15 – 12/31/17 |
| 18. | The Boston Foundation
\$100,000
<i>Impact of physical activity on children's classroom behavior</i> | Sacheck (PI) | 4/1/15-6/30/17 |
| 19. | R01HL106160-01 NIH-NHLBI
\$3,163,000
<i>Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren</i> | Sacheck (PI) | 6/1/11 - 11/30/15 |
| 20. | 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 |
| 21. | Tufts Innovates Grant
\$14,601
<i>Active learning in an active classroom</i> | Sacheck (PI) | 7/1/14 - 6/30/15 |
| 22. | New Balance Foundation
\$11,000
<i>Physical activity assessment in Massachusetts</i> | Sacheck (PI) | 2/1/14 – 12/31/14 |
| 23. | The Boston Foundation
\$175,000
<i>Moving to academic success in Lawrence, MA</i> | Sacheck (PI) | 1/1/14 - 12/31/14 |

24. NIH-ODS Sacheck (PI) 6/1/10 - 11/30/14
 \$141,136
Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren - supplement
25. Nestec, Ltd. Fielding (PI) 10/9/10 - 9/30/14
 \$1,826,365
 Role: Co-Investigator
Efficacy of nutritional supplementation on physical-activity mediated changes in physical functioning older adults at risk for mobility disability (VIVE2 Study)
26. Nestec, Ltd. Folta (PI) 12/1/09 - 6/30/13
 \$1,836,000
 Role: Co-Investigator
Exercise and nutrition field trial for frail elders (VIVE1 Study)
27. American Heart Association Sacheck (PI) 7/1/08 - 6/30/11
 Scientist Development Grant
 \$198,000
Impact of physical fitness and overweight on inflammation in school-aged children
28. Harvard Pilgrim Health Care Foundation Sacheck (PI) 12/1/09 - 8/31/10
 \$136,644
Developing a picture of school food service in MA, ME, & NH: A case study of successful "outliers"
29. 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
30. 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
31. 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
32. NIH/NIAMS - F32AR048517 Sacheck (PI) 2/1/03 - 1/31/05
 \$84,735
Muscle gene expression following denervation and disuse
33. 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
34. 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
35. 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

36. 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

37. JPB Foundation Economos (PI) 1/1/13 - 3/31/17
 \$2,000,000
 Role: Co-Investigator
Childhood obesity 180 initiative
38. New Balance Foundation Economos (PI) 11/1/04 - 12/31/13
 \$5,000,000
 Role: Co-Investigator
Children in balance
39. 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
40. The Rosenberg Foundation Economos (PI) 3/1/07 - 12/31/07
 \$50,000
 Role: Co-Investigator
The Tufts longitudinal health study
41. Major League Soccer Economos (PI) 1/01/07 - 12/31/07
 \$20,000
 Role: Co-Investigator
Healthy half-time snacks

Publications

*Refereed Papers (*Denotes primary mentor for 1st author student, post-doc or trainee)*

1. Andres, L.P.A., **J.M. Sacheck**, 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. **Sacheck, J.M.** and R. Roubenoff. Nutrition in the exercising elderly. *Clin Sports Med*. 18(3):565-584, 1999. PMID: 10410842.
3. **Sacheck, 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. **Sacheck, J.M.** and R. Roubenoff. Keeping women athletes nutritionally on course. *Sports in Primary Care*. 1(2):17-20, 2001.
5. **Sacheck, J.M.** and J.B. Blumberg. The role of vitamin E and oxidative stress in exercise. *Nutrition*. 17:809-814, 2001. PMID: 11684385.
6. **Sacheck, 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. Satchek**, 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. Satchek**, 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. **Satchek, 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. **Satchek, 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. **Satchek, 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. Satchek**, 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. Satchek**, 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. **Satchek, J.M.** Pediatric obesity: An inflammatory condition? *JPEN.* 32(6):633-37, 2008. PMID: 18974243.
15. **Satchek, 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. Satchek**, 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. Satchek**. Children as subjects in nutrition research: a retrospective look at their perceptions. *J Nutr Educ Behav.* 43(2):103-9, 2011. PMID: 21392713.
18. **Satchek, 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. Satchek**. Relations between sports participation and eating disorders among late adolescent males and females. *Eat Weight Disord-ST.* 16:e102-11, 2011.
20. **Satchek, 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. PMID: 3586426.

21. Hruby, 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. PMID: 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. PMID: 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. PMID: 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.
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100. *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.

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101. **Sacheck, J.M.**, W. Guan, J. Mitchell, K. Rawlings, J. Merrill. The COACHES Study – Methods of implementation and evaluation.
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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.
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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.
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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.
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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.
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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 3rd and 4th 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.
28. Ferguson, K., J.H. Kaidbey, K. Gunthert, A.J. Visek, **J. Sacheck**, A.C. Sylvetsky. Cues associated with sugary drink consumption among African American adolescents: An ecological momentary assessment study. Obesity Society Annual meeting, July 2022.
29. Hennessy, E., B. Wilhite, K. Chui, C. Economos, D. Hatfield, S. Herrick, C. Odalen, **J. Sacheck**. Let's Make a SPLASH: Results of the Supporting Physical Literacy at School and Home Feasibility Trial. International Society of Behavioral Nutrition and Physical Activity, International Conference, June 2023.
30. St. Pierre, C., A. Sokalsky, **J.M. Sacheck**. Exploration of Youth Experiences with a School-based, Comprehensive Food Education Program: Short and Long-term Impact, International Society of Behavioral Nutrition and Physical Activity, International Conference, Sweden, June 2023.
31. Krobath, D.M., A.G. Cuevas, E.N. Naumova, **J.M. Sacheck**, N.L.W. Wilson, C.D. Economos. Elucidating the role of the U.S. Education System and federal race/ethnicity data standards on lifelong health inequities. Society for Research in Child Development Annual Meeting, 2023.
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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.
41. Northeastern University, Bouvé College of Health Sciences, Department of Health Sciences Departmental Seminar. *Refocusing the Health Equity Lens in Youth Nutrition & Physical Activity Interventions*. April 14, 2022.

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 11th 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.
27. Milken Institute School of Public Health 25th Anniversary Celebration. Diet and Disease Prevention: Why should we care about what we eat? Short “TED” Talk. October 20th, 2022.
28. ByLight/Cigna Healthcare. Building Your Health Capital. Webinar. January 10, 2023.
29. Bozzuto/Cigna Healthcare. Eating Well for Metabolic Health. Webinar. January 25, 2023.

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

- 2022- Chair, Search Committee, Director of the Sumner M. Redstone Global Center for Prevention and Wellness
- 2021- Diversity, Equity and Inclusion Committee, Elected Member
- 2019- PhD Directors Committee
- 2019 Appointments, Promotions, and Tenure Committee, Department of Prevention and Community Health (ad hoc)
- 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
2012-2020 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/NICHHD - 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

2022- Special Issue Editor, *Frontiers in Public Health* (Peer-reviewed journal)
Moving the Needle on Children's Physical Activity – How to Best Promote More Movement?
2021- *Nutrients* (Peer-reviewed journal), Editorial Board Member
2021- *Nutrients*, 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 | Nutrients |
| BMC Public Health | PLOS One |
| Frontiers in Public Health | Pilot and Feasibility Studies |
| Journal of the Academy of Nutrition and Dietetics | Preventive Medicine |
| Journal of Physical Activity and Health | 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

2023 *Undergraduate Research* (EXNS 3995), Director
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 *Nutritional Biochemistry* (Nutr370) – Protein Biochemistry
2007-2013 *Nutrition, Physical Activity and Health* (Nutr272), Co-director
2007-2010 *Nutritional Biochemistry and Physiology: Macronutrients* (Nutr370), Director
2006 *Fundamentals of Nutrition Science* (Nutr291FN), Director
2005 *Fundamentals of Nutrition Science* (Nutr202), Director

Undergraduate Courses, Tufts University

2001 *General Nutrition* (Nutr101), Co-director

Invited Course Lectures

1. Randomized Controlled Trials – A Focus on Community-based Interventions. EXNS 3111W. Research Methods in Exercise and Nutrition Science. Spring 2023.
2. Youth Physical Activity – Some Epi and Some Application. EXNS 6208. Physical Activity Epidemiology. Spring 2021, 2022.
3. 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.
4. Measurement of Physical Activity – Accelerometry. Department of Exercise and Nutrition Sciences. EXNS 8199. Advanced Exercise Physiology Laboratory. Fall 2021.
5. 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, 2022.
6. 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.
7. Youth Physical Activity – Some Epi and Some Application. PUBH 6208 *Physical Activity Epidemiology*. George Washington University School of Public Health, Spring 2021.
8. Nutrition, Exercise and Immunity. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington University School of Public Health, Spring 2021.
9. Caffeine and Exercise Performance. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington University School of Public Health, Spring 2021.
10. 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 University School of Public Health, Spring 2019, Spring 2020.

11. 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.
12. Community-based Intervention Implementation. Nutr315: *Study Design in Nutrition Research*, FSNSP, Tufts University, 2017.
13. Physical activity epidemiology. Nutr305: *Nutritional Epidemiology*, FSNSP, Tufts University. 2013-Present.
14. Protein biochemistry: Branched chain amino acids. Nutr370: *Nutritional Biochemistry, Macronutrients*, FSNSP, Tufts University. 2016-2017.
15. Nutrition, inflammation and chronic disease. SAR HS 775: *Advanced Clinical Nutrition*, Sargent College of Health and Rehabilitation Sciences, Boston University, Spring 2008-2015.
16. Sports Nutrition. Nutr101: *General Nutrition*, Tufts University, Spring 2014.
17. Energy balance and sports nutrition. Nutr201: *Fundamentals of Nutrition Science*, Tufts University, August 5, 2008.
18. Water and electrolytes. Nutr291SP: *Scientific Principles of Nutrition*, FSNSP, Tufts University, April 10, 2007.
19. Protein Degradation. Nutr271A: *Nutritional Biochemistry – Macronutrients*, FSNSP, Tufts University, October 24, 2006.
20. General introduction to exercise physiology. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, September 20, 2004.
21. Exercise and the immune system. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Nov 25, 2002.
22. Exercise and oxidative stress. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Fall 2000, 2001 and 2004.
23. Nutrition for exercise performance and fitness. Nutr202: *Fundamentals of Nutrition*, FSNSP, Tufts University, Nov 9, 2000.
24. 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
2020-2022	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 <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 <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 <i>School Employee Wellness: Understanding Health Behaviors and Identifying Opportunities for Student and Staff Health Promotion</i>
2014-2017	Lindsay Peterson (Tanskey), Ph.D. candidate in FPAN, FSNSP, Tufts University, Chair <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

2005-2017 Served on approximately three doctoral qualifying exams per year

Post-doctoral Trainees

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

2022- Christopher Lane, Global Health MPH Candidate, Culminating Experience, The Mental Health Effects of Extreme Weight Loss Interventions: A Quantitative Analysis
 2022-2023 Shelby Sih, Maternal and Child Health MPH Candidate, Project Manager, GW *FRESH Study*
 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

2022	Cedric Thompson, Public Health Nutrition MPH Candidate, George Washington University
2021	Loriann 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

2022- Cate Alvaro, Undergraduate Honors Thesis in Exercise Science, *Relationship between COVID-19 and Cardiovascular Fitness Among College Students*

2021- Research mentor for undergraduate research team on the FRESH Study (*Fitness, Rest, and Exercise for Strength and Health for incoming GW Freshman*) – approximately 8 students annually

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

2020- WholeHealthEd, advisory member

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