

ALISON TOVAR
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EDUCATION

- 2009 Ph.D., Tufts University; Nutritional Biochemistry and Metabolism
- 2005 M.S., Tufts University; Nutritional Biochemistry and Metabolism
- 2005 M.P.H., Tufts University; School of Medicine
- 2001 B.S., Psychology. Northeastern University
- 2000 Professional Psychology degree program (6 semesters), Universidad de Los Andes, Bogotá, Colombia

POSTGRADUATE TRAINING

- 2009 – 2012 Postdoctoral Research Fellow, Tufts University, Boston, MA
John Hancock Research Center on Physical Activity, Nutrition and Obesity Prevention; Friedman School of Nutrition Science and Policy

ACADEMIC APPOINTMENTS

- 2022- present Associate Professor, Department of Behavioral and Social Sciences, Brown University School of Public Health
- 2018- 2021 Associate Professor, University of Rhode Island, Kingston, RI
Department of Nutrition and Food Sciences
- 2020-2021 Director of the PhD for Health Sciences Program, University of Rhode Island, Kingston, RI
- 2012 – 2018 Assistant Professor, University of Rhode Island, Kingston, RI
Department of Nutrition and Food Sciences
- 2011 – present Adjunct Faculty, Brown University, Providence, RI
Department of Behavioral and Social Sciences, Public Health Program
- 2010 – 2015 Adjunct Faculty, Tufts University, Boston, MA
Public Health and Community Medicine, School of Medicine

2010 – 2013 Instructor, Tufts University, Boston, MA
Friedman School of Nutrition Science and Policy

HONORS

Expert Panel for Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. This panel is developing evidence-based best practices and guidelines for promoting the development of healthy eating behaviors aligned with optimal nutrition and physical growth among young children, ages 2-8 years, March-December 2020

College of Health Sciences, Nutrition and Food Sciences Chair Award, May 2019.

Rhode Island Academy of Nutrition and Dietetics Carrot Award recipient, May 2018.

University of Rhode Island Early Career Faculty Research Excellence Award in the Life Sciences, Physical Sciences, and Engineering. May, 2015.

Simon J. Simonian and Arpi A. Simonian Prize for Research Excellence in Nutrition Science and Policy, Friedman School of Nutrition Science and Policy, Tufts University, April, 2008.

OTHER AWARDS

Nominated for Excellence in Research Award, College of Health Sciences, University of Rhode Island, May 2017.

Participant, Summer Institute on Randomized Behavioral Clinical Trials, Office of Behavioral and Social Sciences Research (OBSSR) and National Heart, Lung and Blood Institute (NHLBI), Warrenton, Virginia, July 2016.

Participant, NIH/NHLBI R25 “PRIDE” (Programs to Increase Diversity among Individuals Engaged in Health-Related Research) Summer Institute on Mentoring Researchers in Latino Health Disparities, San Diego State University, San Diego, CA. (J Elder & G Talavera, PI’s). 2013 – 2014.

Built Environment Assessment Training Institute, University of Pennsylvania's Center for Health Behavior Research and Harvard Prevention Research Center, July 2012.

Physical Activity and Public Health Course, CDC/University of South Carolina, Hilton Head, SC, September 2011.

The National Institutes of Health and the Canadian Institutes of Health Research 3rd Annual Summer Institute in Reproductive and Perinatal Epidemiology, Quebec, Canada, July 2007.

SERVICE

University & Department Appointments and Committees

April 2022- present Online MPH Admissions Committee

January 2022-present Dept. of Behavioral and Social Sciences Curriculum Committee

September 2022-present	Core Advisor, MPH Program, Brown SPH
January 2022- July 2022	Search Committee for Faculty in Nutrition and Food Sciences, Tufts University's Friedman School of Nutrition Science and Policy
January 2020-December 2021	Director of PhD, College of Health Sciences
January 2020- December 2021	Curriculum Committee, College of Health Sciences
September 2013- December 2021	Graduate committee, Department Nutrition Food Sciences
September 2015- December 2021	Health Studies Program, Internal Advisory Committee
January-March 2020	Search Committee Endowed Prochaska Position
January-March 2019	Search Committee Grants and Contracts Specialist for Sponsored Project Office
January-May 2019	College Committee for Research Collaboration Meetings
September-December 2018	Strategic Planning for College of Health Sciences
January- April 2017	Search Committee member for a NFS faculty position
January- April 2017	Search Committee member for a postdoctoral multicultural position.
January-December 2016	Academic Health Collaborative, Shared Services Committee.
September 2014-May 2016	College of the Environment and Life Sciences, Diversity Committee.
January-April 2015	Health Studies Program, Search Committee member for faculty position.
January 2015	Academic Summit, Planning Committee.

Professional and Community Outreach

September-December 2022	Healthy Eating Research, Planning Committee for Annual Conference
February-May 2022	Member of the Leadership Accelerator Strategic Planning for Pawtucket/Central Falls

January 2022-present	New England Farm to Early Childhood Project Steering Committee
April- June 2022	Leadership Strategic Planning Rhode Island Dept Of Health Physical Activity and Nutrition Strategic Plan Planning
January 2022-present	Advisory Board, Catalyzing Communities Project
January 2021-present	Board of Director Member, Rhode Island Food Bank.
March 2021	Podcast for East Greenwich Academy Foundation “Food for Thought”
January-December 2020	Expert panel Healthy Eating Research, Robert Wood Johnson Foundation Program
March 2016-present	Training for navegantes/community health workers at Clinica Esperanza, Providence, Rhode Island
March 2020	Training on Infant Feeding for WIC Nutritionists. Rhode Island Department of Health.
January-May 2018	Created Online Modules for Home Health workers. East Connecticut State University
October 2016	University of Rhode Island, <i>Momentum Magazine</i> . Feature article.
May 2016	Featured in Opening Video for the Academic Health Collaborative. University of Rhode Island
March 2016	University of Rhode Island, College of Environmental and Life Sciences Big Thinker Featured Article.

Working Groups

State of Rhode Island, Partnership to Reduce Cancer in Rhode Island Workgroup, member.

State of Rhode Island, Early Child Care and Education Workgroup, member.

I lead the Early Childhood Working group organized by Healthy Eating Research, a Robert Wood Johnson Foundation program & the Nutrition and Obesity Policy Research and Evaluation, funded by the CDC’s Division of Nutrition, Physical Activity, and Obesity. National multi-disciplinary network of researchers, leaders from academia, non-profit organizations, government, and other funding agencies, member. Organize and lead monthly meetings as well as two of the sub-groups within this larger group.

I lead two sub-working groups of the larger Healthy Eating Research & Nutrition and Obesity Policy Research and Evaluation: BMI & Head Start sub-group & The Early Childcare and Education COVID-19 sub-group.

Professional Societies

International Society for Nutrition and Physical Activity
Society for Behavioral Medicine
American Society for Nutrition

External Grant Reviewer

Irish Health Research Board

Editorial Board

Journal of the Academy of Nutrition and Dietetics
*Received the 2022 Outstanding Reviewer Award
Journal of Nutrition Education and Behavior

Guest Editor

Nutrients

Ad hoc Reviewer

American Journal of Preventive Medicine*
Appetite
Behavioral Medicine
BMC Pediatrics
BMC Public Health
British Journal of Nutrition
Childhood Obesity
Evaluation and Program Planning
Frontiers
International Journal of Behavioral Nutrition and Physical Activity
Journal of Immigrant and Minority Health
Journal of Science and Medicine in Sport
Journal of Women's Health
Maternal and Child Health Journal
Obesity
PLOS One
Preventive Medicine
Preventive Medicine Reports
Public Health Nutrition
The Journal of Obesity

* Given recognition as a top reviewer

PUBLICATIONS (81 Total Publications)

*Indicates a student or trainee for whom I was a mentor at the time the paper was written.
When I am listed last in a publication, I am the senior author

2022

Ramirez A*, Mathis KJ, Moore AM*, **Tovar A**. Developing Motivational Interviewing Skills Among Undergraduate Nursing Students. *J Psychosoc Nurs Ment Health Serv*. 2022 Nov 7;1-8. doi: 10.3928/02793695-20221027-01. [Epub ahead of print]

Nieri T, Zimmer A, Vaca JM, **Tovar A**, Cheney A. A Systematic Review of Research on Non-Maternal Caregivers' Feeding of Children 0-3 Years. *Int J Environ Res Public Health*. 2022 Nov 4;19(21). doi: 10.3390/ijerph192114463. Review.

Dooyema CA, Hall K, **Tovar A**, Bauer KW, Lowry-Warnock A, Blanck HM. Leveraging Federal, State, and Facility-Level Early Care and Education Systems and Providers Toward Optimal Child Nutrition in the First 1000 Days. *Am J Public Health*. 2022 Oct;112(S8):S779-S784. doi: 10.2105/AJPH.2022.307082.

Dev DA, Hillburn C, Luxa J, Lessard L, Bauer KW, Cotwright C, **Tovar A**. Implementation of Federal Waivers for Feeding Children in Early Care and Education During the COVID-19 Pandemic. *J Nutr Educ Behav*. 2022 Oct;54(10):925-938. doi: 10.1016/j.jneb.2022.07.005. PubMed PMID: 36216442;

Bouchard KL*, Grigsby-Toussaint DS, Fox K, Amin S, Vadiveloo M, Greaney ML, **Tovar A**. Maternal Experiences with Discussing Complementary Feeding in Primary Care. *Int J Environ Res Public Health*. 2022 Sep 23;19(19). doi: 10.3390/ijerph191912061. PubMed PMID: 36231363;

Risica PM, Karpowicz JM, von Ash T, Gans KM, Cooksey-Stowers K, **Tovar A**. Feeding and Activity Environments for Infants and Toddlers in Childcare Centers and Family Childcare Homes in Southeastern New England. *Int J Environ Res Public Health*. 2022 Aug 6;19(15). doi: 10.3390/ijerph19159702.

McCurdy K, Gans KM, Risica PM, Fox K*, **Tovar A**. Food insecurity, food parenting practices, and child eating behaviors among low-income Hispanic families of young children. *Appetite*. 2022 Feb 1;169

Tovar A, Miller ME, Stage VC, Hoffman JA, Guseman EH, Sisson S, Shefet D, Benjamin-Neelon SE, Swindle T, Hasnin S, Beltran M. BMI Data Collection and Communication Practices in a Multistate Sample of Head Start Programs. *Child Obes*. 2021 Dec 7.

2021

Gans KM, Qianxia J, **Tovar A**, Kang, A, McCardle M, Risica PM. Physical Activity and screen-time practices of family childcare providers: Do they meet best practice guidelines? *Childhood Obesity*. 2021 Dec 7.

Bentil HJ, Abreu AM, Adu-Afarwuah S, Rossi JS, **Tovar A**, Oaks BM. Association between Dietary Magnesium Intake and Glycemic Markers in Ghanaian Women of Reproductive Age: A Pilot Cross-Sectional Study. *Nutrients*. 2021 Nov 19;13(11):4141.

LoBuono DL, Shea KS, **Tovar A**, Leedahl SN, Mahler L, Xu F, Lofgren IE. Acceptance and

perception of digital health for managing nutrition in people with Parkinson's disease and their caregivers and their digital competence in the United States: A mixed-methods study. *Health Sci Rep*. 2021 Nov 11;4(4):e412.

Perraud E, Parker HW, **Tovar A**, Kaar J, Vadiveloo M. The relationship between maternal prenatal and postnatal vegetable intake and repeated measures of infant vegetable intake frequency in a national U.S. sample. *Appetite*. 2022 Jan 1;168:105781.

Jiang Q, **Tovar A**, Risica PM, Cooksey Stowers K, Schwartz M, Lombardi C, Kang A, Mena NZ, Gans KM. Ethnic Differences in Family Childcare Providers' Nutrition- and Activity-Related Attitudes and Barriers. *J Obes*. 2021 Oct 7;2021

Tomayko EJ, **Tovar A**, Fitzgerald N, Howe CL, Hingle MD, Murphy MP, Muzaffar H, Going SB, Hubbs-Tait L. Parent Involvement in Diet or Physical Activity Interventions to Treat or Prevent Childhood Obesity: An Umbrella Review. *Nutrients*. 2021 Sep 16;13(9):3227.

Kang AW, Gans KM, von Ash T, Castagneri D, Dionne L, **Tovar A**, Risica PM. Physical Activity Levels among Preschool-Aged Children in Family Child Care Homes: A Comparison between Hispanic and Non-Hispanic Children Using Accelerometry. *Children (Basel)*. 2021 Apr 28;8(5):349.

Dobson P, Burney R, Hales D, Vaughn A, **Tovar A**, Ostbye T, Ward D. Self-Efficacy for Healthy Eating Moderates the Impact of Stress on Diet Quality Among Family Child Care Home Providers. *J Nutr Educ Behav*. 2021; April; 53 (4):309-315

Moore AM*, Vadiveloo M, McCurdy K, Bouchard K*, **Tovar A**. A recurrent cross-sectional qualitative study exploring how low-income mothers define snacks and reasons for offering snacks during infancy. *Appetite*. 2021 Feb 18;162:105169.

Bauer KW, Chriqui JF, Andreyeva T, Kenney EL, Stage VC, Dev D, Lessard L, Cotwright CJ, **Tovar A**. A Safety Net Unraveling: Feeding Young Children During COVID-19. *Am J Public Health*. 2021 Jan;111(1):116-120.

2020

Cheney AM, Nieri T, Ramirez A*, Garcia G, Vaca L, Valencia E, Versteeg C, Molina A, Castillo M, **Tovar A**. Grow well/Crece bien: a protocol for research on infant feeding practices in low-income families. *BMC Public Health*. 2020 Sep 21;20(1)

Ramirez A*, Vadiveloo M, Risica PM, Gans KM, Greaney ML, Mena NZ, Cooksey Stowers K, **Tovar A**. Dietary Contributors to Food Group Intake in Preschool Children Attending Family Childcare Homes: Differences between Latino and Non-Latino Providers. *Nutrients*. 2020 Nov 29;12(12).

Kang AW, Ash TR, **Tovar A**, Gans KM, Minkel J, Mena NZ*, Risica PM. Exploring Parenting Contexts of Latinx 2-to-5-Year Old Children's Sleep: Qualitative Evidence Informing Intervention Development. *Pediatr Nurs*. 2020 Sep-Oct;54:93-100.

Hasin S*, Dev DA, **Tovar A**. Participation in the CACFP Ensures Availability but not Intake of Nutritious Foods at Lunch in Preschool Children in Child-Care Centers. *J Acad Nutr Diet*. 2020 Oct;120(10):1722-1729.e1.

Fox K, Risica PM, Mccurdy K, Jennings E, Gorin A, Papandonatos G, **Tovar A**. Rationale, design and study protocol of the 'Strong Families Start at Home' feasibility trial to improve the diet quality of low-income, ethnically diverse children by helping parents improve their feeding and food preparation practices. *Contemp Clin Trials Commun*. 2020;19:100583.

Tovar A, Risica PM, Ramirez A*, Mena N*, Lofgren IE, Cooksey Stowers K, Gans KM. Exploring the Provider-Level Socio-Demographic Determinants of Diet Quality of Preschool-Aged Children Attending Family Childcare Homes. *Nutrients*. 2020 May 11;12(5):E1368.

Mena NZ*, Risica PM, Gans KM, Lofgren IE, Gorman K, Tobar FK*, **Tovar A**. Communication With Family Child Care Providers and Feeding Preschool-Aged Children: Parental Perspectives. *J Nutr Educ Behav*. 2020 Jan;52(1):10-20.

Ward DS, Vaughn AE, Burney RV, Hales D, Benjamin-Neelon SE, **Tovar A**, Østbye T. Keys to healthy family child care homes: Results from a cluster randomized trial. *Prev Med*. 2020 Mar;132:105974.

Parker HW*, **Tovar A**, McCurdy K, Vadiveloo M. Socio-economic and racial prenatal diet quality disparities in a national US sample. *Public Health Nutr*. 2020 Apr;23(5):894-903.

2019

Moore AM*, Vadiveloo M, **Tovar A**, McCurdy K, Østbye T, Benjamin-Neelon SE. Associations of Less Healthy Snack Food Consumption with Infant Weight-for-Length Z-Score Trajectories: Findings from the Nurture Cohort Study. *Nutrients*. 2019 Nov 13;11(11):2752. doi: 10.3390/nu11112752.

Dev DA, Garcia AS, **Tovar A**, Hatton-Bowers H, Franzen-Castle L, Rida Z, Reddish L, Smith JA, Burger C, Dinkel D, Behrends D, Hulse E, Sheridan S. Contextual Factors Influence Professional Development Attendance Among Child Care Providers in Nebraska. *J Nutr Educ Behav*. 2020 Mar;52(3):270-280.

Parker HW*, **Tovar A**, McCurdy K, Vadiveloo M. Associations between pre-pregnancy BMI, gestational weight gain, and prenatal diet quality in a national sample. *PLoS One*. 2019 Oct 18;14(10):e0224034.

Cuadrado-Soto E*, Risica PM, Gans KM, Ellis C, Araujo CD*, Lofgren IE, Stowers KC, **Tovar A**. Micronutrient Adequacy in Preschool Children Attending Family Child Care Homes. *Nutrients*. 2019 Sep 6;11(9).

Appel JM, Fullerton K, Hennessy E, Korn AR, **Tovar A**, Allender S, Hovmand PS, Kasman M, Swinburn BA, Hammond RA, Economos CD. Design and methods of Shape Up Under 5: Integration of systems science and community-engaged research to prevent early childhood obesity. *PLoS One*. 2019 Aug 1;14(8):e0220169.

Tovar A, Kaar JL, McCurdy K, Field AE, Dabelea D, Vadiveloo M. Maternal vegetable intake during and after pregnancy. *BMC Pregnancy Childbirth*. 2019 Jul 26;19(1):267.

Vadiveloo M, **Tovar A**, Østbye T, Benjamin-Neelon SE. Associations between timing and quality of solid food introduction with infant weight-for-length z-scores at 12 months: Findings from the Nurture cohort. *Appetite*. 2019 Oct 1;141:104299.

Tovar A, Vadiveloo M, Østbye T, Benjamin-Neelon SE. Maternal predictors of infant beverage consumption: results from the Nurture cohort study. *Public Health Nutr*. 2019 Oct;22(14):2591-2597.

Risica PM, **Tovar A**, Palomo V, Dionne L, Mena N*, Magid K, Ward DS, Gans KM. Improving nutrition and physical activity environments of family child care homes: the rationale, design and study protocol of the 'Healthy Start/Comienzos Sanos' cluster randomized trial. *BMC Public Health*. 2019 Apr 18;19(1):419.

Gans KM, **Tovar A**, Jiang Q, Mello J, Dionne L, Kang A, Mena NZ*, Palomo V, Risica PM. Nutrition-Related Practices of Family Child Care Providers and Differences by Ethnicity. *Child Obes*. 2019 Apr;15(3):167-184.

Huang Y, **Tovar A**, Taylor J, Vadiveloo M. Staple Food Item Availability among Small Retailers in Providence, RI. *Int J Environ Res Public Health*. 2019 Mar 23;16(6).

McCurdy K, **Tovar A**, Kaar JL, Vadiveloo M. Pathways between maternal depression, the family environment, and child BMI z scores. *Appetite*. 2019 Mar

Balestracci K*, Sebelia L, Greene G, Moore A, Chappell K, **Tovar A**. Perceptions of Low-Income Students Completing a Nutrition Education Program. *J Nut Education*. 2019 Jul-Aug;51(7):834-842.

Tovar A, Vaughn AE, Fisher JO, Benjamin Neelon SE, Burney R, Webster K, Liu T, Ostbye T, Ward DS Modifying the Environment and Policy Assessment and Observation (EPAO) to better capture feeding practices of family childcare home providers. *Public Health Nutr*. 2019 Feb;22(2):223-234.

2018

Tovar A, Benjamin-Neelon S. E., Vaughn A., Tsai M.*, Burney R., Østbye T., & Ward D. S. Nutritional quality of foods served to and consumed by children in family child care. *Journal of the Academy of Nutrition and Dietetics*. 2018 Dec;118(12):2280-2286

Kaar J. L., Schmiege S. J., Vadiveloo M., Simon S. L., & **Tovar A.** Sleep duration mediates the relationship between health behavior patterns and obesity in children. *Sleep*. 2018 Oct;4(5):442-447.

Vaughn A., Mazzucca S., Burney R., Østbye T., Benjamin-Neelon S.E., **Tovar A.**, & Ward D.S. Assessment of nutrition and physical activity environments in family child care homes: Modification and psychometric testing of the Environment and Policy Assessment and Observation. *BMC Public Health*. 2017 Aug 29;17(1):680

Korn AR, Hennessy E, **Tovar A.**, Finn C, Hammond RA, Economos CD. Engaging Coalitions in Community-Based Childhood Obesity Prevention Interventions: A Mixed Methods Assessment. *Child Obes*. 2018 Sep 6.

Metayer N, Boulos R, **Tovar A.**, Gervis J, Abreu J, Hval E, Kamins CL, Tofuri K, Economos CD. Recruitment of New Immigrants Into a Randomized Controlled Prevention Trial: The Live Well Experience. *J Prim Prev*. 2018 Aug 20.

Benjamin-Neelon SE, Vaughn AE, **Tovar A.**, Østbye T, Mazzucca S, Ward DS. The family child care home environment and children's diet quality. *Appetite*. 2018 Jul 1;126:108-113.

Korn AR, Hennessy E, Hammond RA, Allender S, Gillman MW, Kasman M, McGlashan J, Millar L, Owen B, Pachucki MC, Swinburn B, **Tovar A.**, Economos CD. Development and testing of a novel survey to assess Stakeholder-driven Community Diffusion of childhood obesity prevention efforts. *BMC Public Health*. 2018 May 31;18(1):681.

Otterbach L*, Greene G. W., Redding C., & **Tovar A.** The impact of the Healthy Children, Healthy Families Curriculum on maternal feeding practices. *BMC Public Health, BMC Obes*. 2018 Mar 27;5:11

Moore AM*, Clair-Michaud M, Melanson KJ, **Tovar A.** A Pilot Feasibility Study to Improve Food Parenting Practices. *Am J Health Behav*. 2018 Mar 1;42(2):61-70.

Halloran K. *, Fallon M. *, **Tovar A.**, & Gorman K. Nutrition knowledge, attitudes and diet as predictors of Head Start teachers' classroom mealtime behaviors. *Journal of Nutrition Education and Behavior, J Nutr Educ Behav*. 2018 Apr;50(4):340- 348.e1.

2017

Emond J. A., **Tovar A.**, Li Z., Lansigan R. K., & Gilbert-Diamond D. FTO genotype and weight status among preadolescents: Assessing the mediating effects of obesogenic appetitive traits. *Appetite*. 2017 Oct 1;117:321-329.

Fallon M. *, Halloran K., Gorman K., Ward D.S., Greene G., & **Tovar A.** Self-reported and observed feeding practices of Rhode Island Head Start teachers: Knowing what not to do. *Appetite*. 2018 Jan 1;120:310-317.

Ward D. S., Welker E., Choate A., Henderson K. E., Lott M., **Tovar A.**, & Sallis J. F.
Strength of obesity prevention interventions in early care and education settings: A
systematic review. *Preventive Medicine*. 2017 95, S37-S52.

Tovar A., Vaughn A. E., Grummon A., Burney R., Erinosh T., Østbye T., & Ward D. S.
Family child care home providers as role models for children: Cause for concern?
Preventive Medicine Reports. 2017 5, 308-313.

2016

Tandon P. S., **Tovar A.**, Jayasuriya A. T., Welker E., Schober D. J., Copeland K., & Ward D.
S. The relationship between physical activity and diet and young children's cognitive
development: A systematic review. *Preventive Medicine Reports*. 2016 3, 379-390.

Tovar A., Emond J. A., Hennessy E., & Gilbert-Diamond D. An FTO gene variant
moderates the association between parental restriction and child BMI. *PLoS One*. 2016
11(5), e0155521.

Tovar A., Vaughn A. E., Fallon M., Hennessy E., Burney R., Østbye T., & Ward D. S.
Providers' response to child eating behaviors: A direct observation study. *Appetit*.
2016, 105, 534-541.

Anzman-Frasca S., Economos C. D., **Tovar A.**, Boulos R., Sliwa S., Gute D. M., ... & Must
A. Depressive symptoms and weight status among women recently immigrating to
the US. *Maternal and Child Health Journal*. 2016 20(8), 1578-1585.

2015

Tovar A., Choumenkovitch S. F., Hennessy E., Boulos R., Must A., Hughes S. O., ... &
Economos C. D.. Low demanding parental feeding style is associated with low
consumption of whole grains among children of recent immigrants. *Appetite*. 2015
95, 211-218.

Tovar A., Mena NZ*, Risica P., Gorham G., & Gans K. M. Nutrition and physical activity
environments of home-based child care: What Hispanic providers have to say.
Childhood Obesity. 2015 11(5), 521-529.

Mena NZ*, Gorman K., Dickin K., Greene G., & **Tovar A.** Contextual and cultural
influences on parental feeding practices and involvement in child care centers among
Hispanic parents. *Childhood Obesity*. 2015 11(4), 347-354.

Tovar A., Risica P., Mena NZ*, Lawson E., Ankoma A., & Gans K. M. An assessment of
nutrition practices and attitudes in family child-care homes: Implications for policy
implementation. *Preventing Chronic Disease*. 2015 12: E88.

2014

Fornasaro-Donahue V. M., **Tovar A.**, Sebelia L., & Greene G. W. Increasing
breastfeeding in WIC participants: Cost of formula as a motivator. *J Nutr Educ
Behav*. 2014 46(6), 560-569.

Fornasaro-Donahue V.M., **Tovar A.**, Sebelia L., & Greene, G.W. Response to Letter to the Editor. *J Nutr Educ Behav.* 2014 46 (5): e11.

Tovar A., Renzaho A. M., Guerrero A. D., Mena NZ*, & Ayala G. X. A systematic review of obesity prevention intervention studies among immigrant populations in the US. *Current Obesity Reports.* 2014 3(2), 206-222.

Tovar A., Boulos R., Sliwa S., Must A., Gute D. M., Metayer N., ... & Economos C. Baseline socio-demographic characteristics and self-reported diet and physical activity shifts among recent immigrants participating in the randomized controlled lifestyle intervention: "Live Well". *Journal of Immigrant and Minority Health.* 2014 16(3), 457-465.

Prior to 2013

Hughes S. O., Frankel L. A., Beltran A., Hodges E., Hoerr S., Lumeng J., **Tovar A.**, & Kremers S. Food parenting measurement issues: Working group consensus report. *Childhood Obesity.* 2013 9(s1), S-95.

Tovar A., Hennessy E., Must A., Hughes S. O., Gute D. M., Sliwa S., ... & Pirie A. Feeding styles and evening family meals among recent immigrants. *International Journal of Behavioral Nutrition and Physical Activity.* 2013 10(1), 84.

Tovar A., Must A., Metayer N., Gute D. M., Pirie A., Hyatt R. R., & Economos C. D. Immigrating to the US: What Brazilian, Latin American and Haitian women have to say about changes to their lifestyle that may be associated with obesity. *Journal of Immigrant and Minority Health.* 2013 15(2), 357-364.

Choumenkovitch S. F., McKeown N. M., **Tovar A.**, Hyatt R. R., Kraak V. I., Hastings A. V., ... & Economos C. D. Whole grain consumption is inversely associated with BMI Z-score in rural school-aged children. *Public Health Nutrition.* 2013 16(2), 212-218.

Tovar A., Chasan-Taber L., Bermudez O. I., Hyatt R. R., & Must A. Acculturation and gestational weight gain in a predominantly Puerto Rican population. *BMC Pregnancy and Childbirth.* 2012 12(1), 133.

Tovar A., Vikre E. K., Gute D. M., Kamins C. L., Pirie A., Boulos R., ... & Economos C. D. Development of the Live Well Curriculum for recent immigrants: A community-based participatory approach. *Progress in Community Health Partnerships: Research, Education, and Action.* 2012 6(2), 195.

Tovar A., Chui K., Hyatt R. R., Kuder J., Kraak V. I., Choumenkovitch S. F., ... & Economos C. D. Healthy-lifestyle behaviors associated with overweight and obesity in US rural children. *BMC Pediatrics.* 2012 12(1), 102.

Tovar A., Hennessy E., Pirie A., Must A., Gute D. M., Hyatt R. R., ... & Galvão H. Feeding styles and child weight status among recent immigrant mother-child dyads. *International Journal of Behavioral Nutrition and Physical Activity.* 2012 9(1), 62.

- Economos C. D., & **Tovar A.** Promoting health at the community level: Thinking globally, acting locally. *Childhood Obesity (Formerly Obesity and Weight Management)*, 2012 8(1), 19-22.
- Hughes S. O., Cross M. B., Hennessy E., **Tovar A.**, Economos C. D., & Power T. G. Caregiver's feeding styles questionnaire. Establishing cutoff points. *Appetite*. 2012 58(1), 393-395.
- Sliwa S., Goldberg J.P., Clark V., Collins J., Edwards R., Hyatt R. R., Junot B., Nahar E., Nelson M.E., **Tovar A.**, & Economos C.D. Using the community readiness model to select communities for a community-wide obesity prevention intervention." *Preventing Chronic Disease*. 2011 8 (6), A150.
- Tovar A.**, Chasan-Taber L., Eggleston E., & Oken E. Postpartum screening for diabetes among women with a history of gestational diabetes mellitus. *Preventing Chronic Disease*. 2011 8(6), A124.
- Tovar A.**, Guthrie L. B., Platek D., Stuebe A., Herring S. J., & Oken E. Modifiable predictors associated with having a gestational weight gain goal. *Maternal and Child Health Journal*. 2011 15(7), 1119-1126.
- Tovar A.**, Chasan-Taber L., Bermudez O. I., Hyatt R. R., & Must A. Knowledge, attitudes, and beliefs regarding weight gain during pregnancy among Hispanic women. *Maternal and Child Health Journal*. 2010 14(6), 938-949.
- Tovar A.**, Lividini K., Economos C. D., Folta S., Goldberg J., & Must A. School's out: What are urban children doing? The Summer Activity Study of Somerville Youth (SASSY). *BMC Pediatrics*. 2010 10(1), 16.
- Marquez D. X., Bustamante E. E., Bock B. C., Markenson G., **Tovar A.**, & Chasan-Taber L. (2009). Perspectives of Latina and non-Latina white women on barriers and facilitators to exercise in pregnancy. *Women & Health*, 49(6-7), 505-521.
- Tovar A.**, Must A., Bermudez O. I., Hyatt R. R., & Chasan-Taber L. The impact of gestational weight gain and diet on abnormal glucose tolerance during pregnancy in Hispanic women. *Maternal and Child Health Journal*. 2009 13(4), 520-530.
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- Hanauer D. A., Wentzell K., **Tovar A.**, Zeuhlke J., Kumar V., & Laffel L. M. Parent and youth assessments of a handheld wireless device to enhance diabetes mellitus management. *Archives of Pediatrics Adolescent Medicine*. 2006 160(3), 321-321

Laffel L. M. B., Wentzell K., Loughlin C., **Tovar A.**, Moltz K., & Brink S. Sick day management using blood 3-hydroxybutyrate (3-OHB) compared with urine ketone monitoring reduces hospital visits in young people with T1DM: A randomized clinical trial. *Diabetic Medicine*. 2006 23(3), 278-284.

Moreland E. C., **Tovar A.**, Zuehlke J. B., Butler D. A., Milaszewski K., & Laffel L. M. The impact of physiological, therapeutic and psychosocial variables on glycemic control in youth with type 1 diabetes mellitus. *Journal of Pediatric Endocrinology and Metabolism*. 2004 17(11), 1533-1544.

Book Chapter

Handbook of Obesity, Vol. 1, Epidemiology, Etiology, and Physiopathology, Third Edition
Editors: George A. Bray and Claude Bouchard. Updated 2022 by CRC Press.

Chapter 41. The influence of culture on obesity. Alison Tovar, MPH, PhD and Aviva Must, PhD

Handbook of Obesity, Vol. 1, Epidemiology, Etiology, and Physiopathology, Third Edition
Editors: George A. Bray and Claude Bouchard. Published March 6, 2014 by CRC Press.

Chapter 41. The influence of culture on obesity
Alison Tovar, MPH, PhD and Aviva Must, PhD

Conference Presentations

*Indicates a student or trainee for whom I was a mentor at the time of presentation.

Tovar, A, Risica, P., Karpowicz, J, Ash T, Cooksey-Stowers, K, Gans, K. Nutrition and Physical Activity Environments for Infants and Toddlers in Family Childcare Homes and Centers. Part of Seminar on Research gaps and opportunities related to obesity prevention in early childcare settings. International Journal of Behavioral Nutrition and Physical Activity. Pheonix

Fox, K., McCurdy, K., Vadiveloo, M., Risica, P. M., Gans, K. M., & Tovar, A. (2022). Dimensions of Caregivers' Feeding and Associations with Children's Eating Behavior. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ

Bouchard, K. L., Grigsby-Toussaint, D. S., Fox, K., Amin, S., Vadiveloo, M., Greaney, M., & Tovar, A. (2022). Maternal Experiences of Discussing Complementary Feeding in Primary Care. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ

Tovar A, McCurdy K, Gans KM, Risica PM, Fox K, Gorin A, Papandonatos G. Results from the Strong Families Start at Home Trial to Improve the Diet Quality of Low-income, Ethnically Diverse Children. (Oral presentation) Society for Behavioral Medicine. Baltimore, MD. April 2022.

Jiang, Q., Gans, K., Atoloye, A., Risica, P., Tovar, A., & Cooksey-Stowers, K. Food swamps

moderate the effect of the Healthy Start child obesity intervention in ethnically diverse family childcare homes. Abstract will be presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions in April 2022, Baltimore, MD.

Oral: *Jiang Q, Risica PM, Tovar A, Kang A, Gans KM, Nutrition and Physical Activity-related Attitudes of Family Childcare Providers and Differences by Ethnicity. Paper presentation at the Agents of Change Summit conference, San Diego, CA. Feb. 11, 2020.

Oral: Kim M. Gans, Examining the Nutrition, Physical Activity and Screen-Time Practices of Family Child Care Providers and the Diet Quality and Physical Activity of Preschool Children in Family Child Care Homes. Paper presented at Healthy Eating Research conference, Denver CO, March 5, 2020

Poster: *Jiang Q, Risica PM, Tovar A, Kang A, Gans KM, Nutrition and Physical Activity-related Attitudes of Family Childcare Providers and Differences by Ethnicity. Poster presented at Society for Behavioral Medicine, San Francisco, CA. April 4, 2020 (not presented due to Covid-19 conference cancellation)

Oral: *Ash T, Gans K, Tovar A, Risica PM. An Observational Assessment of the Sleep Environment in Family Child Care Homes. Oral presentation at Society for Behavioral Medicine, San Francisco, CA. April 4, 2020 (not presented due to Covid-19 conference cancellation)

Andrea Ramirez*, Maya Vadiveloo, Mary Greaney, Patricia Risica, Kim Gans, Nooreem Mena, Alison Tovar. Dietary Contributors to Food Group Intake in Preschool Children Attending Family Childcare Homes. Presented at American Society for Nutrition conference. Published in Current Developments in Nutrition, Volume 4, Issue Supplement_2, June 2020, Page 268, https://doi.org/10.1093/cdn/nzaa043_119.

F Tobar, K Balestracci, A Tovar, H Hetzler, M Samson, K Gans, M Read, Amin S. *Preliminary Analysis from Statewide Stakeholder Interviews Around the Impact of Food Access During COVID-19*. Journal of Nutrition Education and Behavior 53 (7), S46

D Dev, S Hasnin, S Sisson, VC Stage. **Tovar A.** (July 2020) *Validation of an Observational Measure to Capture Feeding Practices in Child Care Centers*. Journal of Nutrition Education and Behavior.

A Ramirez*, M Vadiveloo, M Greaney, **Tovar A.** (June 2020) *Dietary Contributors to Food Group Intake in Preschool Children Attending Family Childcare Homes American Society for Nutrition*. Online.

A Moore*, M Vadiveloo, K McCurdy, **Tovar A.** (June 2020) *Availability and Pricing of Infant Snack Foods in Low-Income Communities Across Rhode Island*. American Society for Nutrition. Online.
D LoBuono*, S Dobiszewski, F Xu, **Tovar A,** Lofgren. (June 2020) *Diet Quality, Swallow Function, and Health-Related Quality of Life Among People with Parkinson's Disease*. American Society for Nutrition. Online.

M Samson*, S Amin, K McCurdy, **Tovar A.** (June 2020) *Construction and Validation of a Video Coding Tool for an Intervention to Improve Parental Feeding.* American Society for Nutrition. Online.

DL LoBuono*, SS Dobiszewski, **A Tovar,** Lofren I. (June 2019) *Change in Physical Function, Swallowing and Nutritional Risk in people with Parkinson's Disease over 4 years.* Innovation in Aging.

DL LoBuono*, K Shea, SS Dobiszewski, **Tovar, A,** Lofren. (June 2019) *Dietary intake and self-reported nutrition concerns of people with Parkinson's and their informal caregivers.* Innovation in Aging.

Oral: Mena N, Tovar A, Risica P, Dionne L, Mello J, Gans K (presenter). Family Child Care Provider Predictors of Child Diet Quality Among 2-to-5-Year-Olds. Paper presented at ISBNPA, June 5 2019, Prague, Czech Republic.

Oral: Risica PM, Tovar A, Dionne K, Mena NZ, Mello J, Gans K. Comparing the family child care provider food environment with dietary quality of children in their care. ISBNPA, June 6 2019, Prague, Czech Republic.

Tovar A, Kang,A,Dionne,L, Mena,N,Gans,K, Risica, P. Exploratory Factor Analysis of Observed Feeding Practices Among Family Child Care Home Providers. Oral Presentation. American Society for Nutrition. June 8, 2019, Baltimore, USA.

Oral: Participation in an Obesity Prevention Intervention Improves Diet Quality of 2-5 Year Old Children Cared for in Family Childcare Homes: Results from the Healthy Start/Comienzos Sanos Trial. Author(s): Kim M. Gans, PhD, MPH1, Alison Tovar, PhD2, Noereem Mena, MS2, Kristen Cooksey Stowers, PhD3, Qianxia Jiang4, Laura Dionne, MS5, Jennifer Mello, MPH1 and Patricia Risica, DrPH6 . American Public Health Association conference, Philadelphia PA, November 5, 2019

Oral: Associations between food swamps, foods served by ethnically diverse family child care home providers and diet quality of 2-5 year old children. Kristen Cooksey Stowers, PhD1, Laura Dionne, MS2, Kim Gans3, Patricia Markham Risica, DrPH4, Alison Tovar, PhD5, Jennifer Mello, MPH4, Qianxia Jiang6 and Noereem Mena, MS5, American Public Health Association conference, Philadelphia PA, November 4, 2019

Poster. Abstract ID# 440874 Title: Examination of ethnic differences in accelerometer-measured physical activity levels among preschool-aged children in family child care homes. Author(s): Augustine Kang, MSc1, Kim Gans, PhD, MPH2, Tayla Ash, SD3, Danielle Castagneri, BA4, Shelby Flanagan, BA1, Laura Dionne, MS5, Alison Tovar, PhD6 and Patricia Markham Risica, DrPH1, November 5, 2019

Fox K.*, **Tovar A,** McCurdy K, Risica P, Gans K. (May 2019) A qualitative study of parental beliefs, goals and practices in feeding their children: a self-determination perspective. Poster presentation at: The 7th Self-Determination Theory Conference, Egmond aan Zee, Netherlands.

Tovar A., Vaughn A., Burney R., Fede J., Østbye T., & Ward D.S. (June 2018) *Predictors of Feeding Practices among Family Child Care Home Providers*. Poster presentation. American Society for Nutrition. Boston, MA.

Tovar A., Vadiveloo M, Østbye T, Benjamin-Neelon S. (June 2018) *Prevalence of Sugar-Sweetened Beverage Consumption among Infants: Findings from the Nurture Observational Birth Cohort*. Poster presentation. American Society for Nutrition. Boston, MA.

Mena NZ*, Risica P., Gans K., Lofgren I., Gorman K., & **Tovar A.** (June 2018) *How Parents Communicate with their Family Child Care Home Provider Regarding Foods Young Children Are Eating*. Oral presentation. American Society for Nutrition. Boston, MA.
Young Minority Investigator Oral Competition Finalist

Mena NZ*, Risica P., Gans K., Lofgren I., Gorman K., & **Tovar A.** (June 2018) *How Parents Communicate with their Family Child Care Home Provider Regarding Foods Young Children Are Eating*. Student poster presentation. American Society for Nutrition. Boston, MA.

Mena NZ*, Risica P., Gans K., Lofgren I., Gorman K., & **Tovar A.** (April 2018) *Parent reported factors that influence foods and beverages served to young children outside of the child care setting*. Oral Presentation, Session Title: Child Health and Nutrition Outcomes, Tufts University School of Nutrition Science and Policy 11th annual Future of Food and Nutrition Graduate Student Research Conference. Boston, MA.

Mena NZ*, Tsai M., Risica P., Gans K., Lofgren I., Gorman K., & **Tovar A.** (July 2017). *Are children who attend family child-care homes meeting dietary recommendations at home?* Student poster presentation, Society for Nutrition Education and Behavior. Washington, DC. Nutrition Education for Children Division poster finalist

Gans K., Risica P., **Tovar A.**, Dionne L., Gettens K., & Mena N*. (June 2017). *Family Child Care Home provider attitudes and practices related to feeding, physical activity and screen time of the 2-5 year old children in their care*. Poster presentation, International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.

Hennessy E., Korn A., Appel J., Fullerton K., Hammond R. A., Hovmand P., Andrus S., **Tovar A.**, & Economos C. (June 2017). *Shape Up Under 5: Using systems science to engage communities in obesity prevention*. Poster presentation, International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.

Tovar A., Vaughn A., Burney R., Fede J., Østbye T., & Ward D.S. (June 2017). *Validation of an Observed Feeding Practices tool among Family Child Care Home providers*. Oral presentation, International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.

Vadiveloo M., Kaar J., Field A.E., McCurdy K., Dabelea D., & **Tovar A.** (June 2017). *Diet quality during and after pregnancy: Do maternal factors matter?* Short oral presentation, International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.

Mena NZ*, Otterbach L. *, Moore A. *, Tsai M. *, Corbeil C., & **Tovar A.** (June 2017). *Does food fussiness moderate the association between parental feeding practices and BMI among low-income*

Hispanic children? Poster presentation, International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.

Tsai M. *, Mena N. *, Carter T. *, Gans K., Risica P., Lofgren I., & **Tovar A.** (May 2017). *Fruit and vegetable consumption in family child care homes.* Student poster presentation, Childhood Obesity Conference. San Diego, CA.

Tsai M. *, Mena N. *, Carter T. *, Gans K., Risica P., Lofgren I., & **Tovar A.** (April 2017). *Are meals and snacks consumed by preschool-aged children in family child care homes meeting the dietary guidelines?* Student poster presentation, Experimental Biology. Chicago, IL.

Tovar A., McCurdy K., Kaar J., Field A., Dabelea D., Van Rompay M., & Vadiveloo M. (October, 2016). *Frequency of new food introduction during infancy and reported servings of fruits and vegetables in the first year of life.* Poster presentation, Obesity Society Conference. New Orleans, LA.

Kaar J., Sauder K., Shapiro A., **Tovar A.**, Vadiveloo M., & Dabelea D. (September 2016). *The role of diet quality on metabolic health outcomes during adolescence.* Abstract for the National Conference on Women's Health Research: Sex Differences Across the Lifespan: A Focus on Metabolism. Denver, Colorado.

Fallon M. *, Halloran K. *, Gorman K., & **Tovar A.** (April 2016). *Exploring self-reported and observed feeding practices of Rhode Island Head Start teachers.* Student poster session, 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington, DC.

Otterbach L. *, Greene G., Redding C., **Tovar A.** (April 2016). *The Impact of the Healthy Children, Healthy Families Curriculum on Maternal Food Parenting Practices.* Student poster session, 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington, DC.

Moore A*, Melanson K, Clair-Michaud M, **Tovar, A.** (April 2016). *Can Motivational Interviewing and Meal Recording Modify Food Parenting Practices?: A Feasibility Study.* Student poster session, 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington, DC.

Tandon P., **Tovar A.**, Jayasuriya A., Welker E., Schober D., Copeland K., Dev D., May-Murriel A., Amso D., & Ward D. (April 2016). *The relationship between physical activity and diet and young children's cognitive development.* Healthy Eating Research. Durham, NC.

Harper S., Greene G., McCurdy K., Mulligan K., & **Tovar A.** (August 2015) *Process evaluation of a modified nutrition education curriculum for parents.* Student poster presentation, Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Nashville, TN.

Tovar A., Fallon M. *, Vaughn A., & Ward D. (June 2015). *Modifying the Environmental Policy Assessment and Observation tool to better capture feeding practices of Family Child Care Home providers.* International Society for Behavioral Nutrition and Physical Activity. Edinburgh, Scotland.

Mena N. *, Gorman K., Greene G., & **Tovar A.** (April 2014). *Contextual and cultural influences on parental feeding practices among Hispanics*. Student poster presentation, Experimental Biology. San Diego, CA.

VanAsch P. *, Melanson K., Gorman K., & **Tovar A.** (April 2014). *Parental perception of the Rhode Island Expanded Food and Nutrition Education Program*. Student poster presentation, Experimental Biology. San Diego, CA.

Curtin A., Martins D., Schwartz-Barcott D., Yekta S., **Tovar A.**, I Maria L., & De Groot A. (November 2013). *Development of a community-academic partnership in patient centered outcomes research*. Oral presentation, American Public Health Association. Boston, MA.

Tovar A., Hennessy E., Shewchuk R., Hughes S., & Economos C. (May 2012). *Validating the Caregiver Feeding Styles Questionnaire for use with Immigrant mothers*. International Society for Behavioral Nutrition and Physical Activity. Houston, TX.

Tovar A., Hennessy E., Must A., Gute D., Hyatt R., Pirie A., Hughes S., & Economos, C. (November 2011). *Feeding styles among Immigrant mothers*. Obesity. Volume 19, Supplement 1

Tovar A., Chui K., Chasan-Taber L., & Must A. *Patterns of gestational weight gain among Latina women*. (June 2011). Society for Epidemiologic Research. Boston, MA.

Tovar A., Must A., Metayer N., & Economos C. (November 2010). *Factors associated with overweight and obesity among recent Latina, Haitian and Brazilian Immigrants to the United States*. Obesity. Volume 18 Supplement 2

Lividini K., **Tovar A.**, Must A., Economos C., & Goldberg J. (November 2009). *Patterns of activity and care in urban children during summer months: The Summer Activity Study of Somerville Youth (SASSY)*. Volume 17 Supplement 2

Tovar A., Chasan-Taber L., Bermudez O., & Must A. (November 2009). *Acculturation and gestational weight gain in a predominantly Puerto Rican population*. Obesity. Volume 17 Supplement 2

Tovar A., Must A., Economos C., Lividini K., & Goldberg J. *School's out: What are children doing? The Summer Activity Study of Somerville Youth (SASSY)*. (June 2009). Oral presentation, International Society for Behavioral Nutrition and Physical Activity. Lisbon, Portugal.

Tovar A., Chasan-Taber L., Hyatt R.R., Bermudez O.I., & Must A. *Perceptions of weight gain during pregnancy among Hispanic women*. (October 2008). Annual Scientific Meeting of the Obesity-Society, Volume: 16 S168-S168. Phoenix, AZ.

Tovar A., Chasan-Taber L., Bermudez O., & Must A. *The role of diet in glucose disturbance during pregnancy in Latina women*. (June 2008). American Journal of Epidemiology. 167 (11) S29-S29. 41st Annual Meeting of the Society-for-Epidemiologic-Research. Chicago, IL

Tovar A., Chasan-Taber L., & Must A. *Gestational weight gain and abnormal glucose tolerance among Hispanic women*. (October 2007). Oral presentation, The Obesity Society Meeting. New

Orleans, LA.

Tovar A., Chasan-Taber L., & Must A. *Measures of gestational weight gain among Hispanic women.* (June 2007). Abstract, Society for Pediatric and Perinatal and Epidemiologic Research. Boston, MA.

Hyde J., & **Tovar A.** *From research to advocacy: Assessing the local public health infrastructure in Massachusetts.* (November 2006). Abstract and oral presentation, American Public Health Association. Boston, MA.

Tovar A., Ameho C., Blumberg J., Peterson J., & Booth S. *Effect of dietary Vitamin E on Vitamin K tissue concentrations in rats.* (April 2005). Experimental Biology. San Diego, CA.

Butler D., Zuehlke J., **Tovar A.**, Moreland E., Milaszewski K., Anderson B., & Laffel L. *Family factors related to glycemic control in youth with type 1 diabetes (T1DM).* (June 2003). American Diabetes Association Conference, New Orleans, LA.

Moreland E., **Tovar A.**, Zuehlke J., Laffel L. *Comparison of psychosocial and physiologic challenges during puberty in T1DM.* (June 2003). 63rd Scientific Sessions of the American-Diabetes-Association. New Orleans, LA.

Kumar S.V., Connell A., Kapoor A., Khatri D., Lacika J., **Tovar A.**, Vangsness L., Zuehlke J., Pentland S., & Laffel L. *Learning and predicting blood glucose results to optimize glycemic control.* (November 2002). Second Annual Diabetes and Technology Meeting.

Laffel L., Loughlin C., **Tovar A.**, Zuehlke J., Moltz K., Miller M., & Brink S. *Sick Day Management (SDM) using blood - hydroxybutyrate (OHB) vs. urine ketone testing significantly reduces ER visits & hospitalizations in youth with type 1 diabetes (T1DM): Results of a randomized clinical trial.* (June 2001). American Diabetes Association Conference, San Francisco, CA.

Invited Interviews and Talks

Catalyzing Communities Learning Collaborative Keynote: Centering Equity in Early Childhood to Improve Nutrition and Food Security among Young Children. Invited Keynote talk. November 2022. 117 registered; Attendance: 73

Healthy Kids, Healthy Future Webinar Series: Advancing Equity in Early Childhood. Head Start and Obesity Risk. Invited Talk by Nemours Children's Health and Healthy Eating Research, a program of Robert Wood Johnson Foundation. Virtual Webinar. June 2022. Attendance: 150

Temple Social Determinants of Health Course: Guest Speaker Invitation. Development of a Quality Improvement Toolkit for Measurement and Communication of Obesity Risk in Head Starts: HER Commissioned Research Project. September 2022.

University of Georgia. Nutrition Education Methods: Guest Speaker Invitation: Lessons Learned from the Strong Families Start at Home Study. March 2022.

Interview on Release of the RWJF HER Healthy Eating Guidelines for children 2-8 years. Telemundo News Channel. October 25, 2021.

Interview on Release of the RWJF HER Healthy Eating Guidelines for children 2-8 years. Spanish Radio Fresno, CA 1 KHIT-FM and Radio Bilingue.

Annual Graduate Faculty Summit Presenter “Strategies to Promote Professional Development and Career Readiness.” University of Rhode Island. March 30, 2021

Moderator Healthy Eating Research Annual Conference. Nutrition in Early Childcare and Education during and post COVID-19. March 26, 2021

The Impact of COVID-19 on Food Access in Rhode Island, Keynote speaker, Rhode Island Food Summit. January 19, 2021

Moderator Healthy Eating Research, The Nutrition and Obesity Policy Research and Evaluation Network. Summer Speaker Series for Students USDA Child and Adult Care Food Program. Recorded July 15, 2020

Invited Talk to National Guard on Obesity Prevention. University of Rhode Island. March 2018

Workshop Presenter: Assessing nutrition and physical activity environments in Early Care and Education (ECE) settings: A workshop on using the Environment and Policy Assessment and Observation (EPAO) Tools. International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada. June 2017

Research to policy in a new frontier: Family Child Care Homes. Feeding practices of Family Childcare home Providers. Childhood Obesity Conference. San Diego, CA. May 2017

University of Rhode Island, Food Summit. “Food Insecurity and Obesity.” January 2017

Invited speaker to Brown University, Rena Wing Research Seminar: “Early Prevention of Obesity: Importance of Feeding and Community-Based Interventions among Minority Populations.” April 2016

Invited speaker to University of Connecticut, Department of Nutrition: “Early Prevention of Obesity: Importance of Feeding and Community-Based Interventions among Minority Populations.” April 2016

Invited speaker to Dartmouth University, School of Medicine: “Early Prevention of Obesity: Importance of Feeding and Community-Based Interventions among Minority Populations.” February 2016

Symposium speaker. “Children’s influence on home child care provider’s feeding practices: Exploring bi-directional influences”. International Society for Behavioral Nutrition and Physical Activity. Edinburgh, Scotland. June 2015

Invited webinar speaker, Disparities in early childhood obesity: Risk factors and possible solutions. Part of American Psychological Association Ethnicity and Health in America Series and in recognition of National Hispanic/Latino Heritage Month. October 2015

Invited webinar speaker, Modifying the Environment and Policy Assessment and Observation (EPAO) tool to better capture feeding practices of family childcare home providers. Early Care and Education National Call. April 2015

Symposium speaker, Nutrition practices in family child care homes: Does participation in CACFP and ethnicity of provider matter? Society for Research in Child Development. Philadelphia, PA. March 2015

Research panel presenter. Healthy Summers Summit. National Learning Association. Washington DC. May 2012

Symposium presenter, Early prevention of obesity in Immigrant populations. “Trends and Determinants of Weight Gain in Recent Immigrants” symposium, International Society for Behavioral Nutrition and Physical Activity. Austin, TX. May 2012

Symposium presenter, Adhering to gestational weight gain guidelines: From clinic to the community. Community of Scholars Symposium: Predicting, Altering and Optimizing the Cardio-Metabolic Health and Weight of Mothers and Children, Pregnancy as a Crystal Ball. University of Massachusetts, Worcester, MA. May 2011

GRANT FUNDING

Funded Extramural Grants

Principal Investigator

1. University of Illinois Chicago/Bloomberg Foundation
(Tovar, MPI) 12/01/2022 to 11/30/2024 Total Award: \$158,474
Evaluation of U.S. Food Policies - Nutrition Evaluation of the Rhode Island Retail SNAP Incentive Pilot Program
2. Healthy Eating Research, Robert Wood Johnson Foundation
(Tovar, PI) 2/1/22-04/30/23 Total Award: \$30,600
Development of a Quality Improvement Toolkit for Measurement and Communication of Obesity Risk in Head Starts
3. NHLBI, NIH (Tovar, PI) 7/1/2018-6/30/21
R34 HL155685-01A1 Total Award: \$730,661
A Home-based Video and Motivational Interviewing Intervention to Improve Preschoolers Diet Quality and Parental Food Parenting Practices
4. Executive Office of Health and Human Services, RI (Tovar, MPI) 7/1/19-6/30/21
500-2416-0000-0008104 Total Award: \$200,000
Developing Simulations and Training to Enhance Motivational Interviewing Skills in Behavioral and Primary Health Care among Nurses

5. Executive Office of Health and Human Services, RI (Tovar, PI) 7/1/17-6/30/18
Total Award: \$66,683
Nurses for Obesity Prevention: A need for Education.
6. NHLBI, NIH (Ward PI; Tovar, PI of Early Career Investigator Supplement)
5/1/14-4/30/17
3R01HL108390-03 Total Award: \$354,230
Understanding Child Care Providers Feeding Practices
7. Blue Cross Blue Shield of RI (Tovar, PI) 6/1/15 – 5/31/17
Total Award: \$55,000
Niño’s Activos y Sanos (NASA): Healthy Active Children in Rhode Island,
8. Rhode Island Foundation, (Tovar, PI) 4/1/13-3/31/14
Total Award: \$15,000
Tailoring the Expanded Food and Nutrition Education Program to Obesity and Chronic Disease
9. NICHD, NIH (Economos, PI; Tovar, PI of Postdoctoral Diversity Supplement)
7/1/10-6/31/12
5R01HD057841 Total Award: \$116,782
Understanding the Parent–Child feeding Relationship among New Immigrants
10. NIDDK, NIH (Chasan-Taber PI; Tovar, PI of Doctoral Diversity Supplement)
7/1/07-6/31/09
R01DK064902 Total Award: \$62,864
Weight Gain during Pregnancy in Latina Women: Gestational Diabetes, Diet, Eating Behaviors and Acculturation

Co-Investigator

1. NHLBI, NIH (Phelan, PI) 05/05/2022- 04/30/2029
Healthy Hearts/Corazones Saludables: Partnering with US home visiting programs to promote cardiovascular health in Hispanic and non-Hispanic mothers and children
2. NIDDK, NIH (Gans & Keita, MPI) 03/01/2022-02/28/2025
R01 DK128197-01A1
Testing a Multilevel, Multicomponent, Multigenerational Dietary Intervention to Improve Southeast Asian Children's Diets
3. Robert Wood Johnson Foundation, (Gans, PI) 4/1/21-3/31/23
Understanding & increasing water availability and accessibility in family childcare homes to improve young children’s water & sugary beverage intake
4. NIMHD, NIH (Cheney & Nieri, MPI) 3/1/19-2/28/24
5U54MD013368-03
Addressing Early Childhood Obesity in Low-Income Families

5. Rhode Island Foundation (Amin, PI) 5/1/20-4/30/23
Addressing Low-Income and Food Insecure RI Families at Primary Care Clinics: A Pilot Study, Rhode Island Foundation
6. NHLBI, NIH (Gans/Risica, MPI) 7/1/14-6/30/18
R01 HL123016
Improving nutrition and physical activity environments in home-based childcare
*Diversity Supplement Funded for my doctoral student Nooreem Mena
7. NHLBI, NIH (Gillman/Economos, PI) 9/1/13- 5/31/18
1R01HL115485
Systems Science to Guide Whole-of-Community Childhood Obesity Interventions: Shape Up Under Five
8. CYFAR, USDA (Sebelia, PI) 10/1/13-9/30/18
Integrating Nutrition Education into Providence Full-Service Community Schools

Funded Intramural Grants

1. URI Proposal Development Program (Tovar, PI) 7/1/20-6/30/21

Total Award: \$20,317
Informing the Feasibility of an Infant Feeding Intervention in a high-risk Pediatric Clinical Population
2. National Institute of Food and Agriculture (NIFA) Multistate Research Project (RI0018-1001894)
Total Award: \$150,000
3. URI Multicultural Enhancement Fund 9/1/12-6/30/13
Create Culturally Appropriate Content and Activities for Introduction to Public Health Nutrition Course

Consultant

1. Department of Health, Health Resources and Services Administration RI 6/1/19-5/31/22
Grants to States to Support Oral Health Workforce Activities Program
2. NIDDK, NIH (Savage, PI) 7/1/19-6/30/24

R01 DK120754-01
ONE PATH: Optimizing Nutrition Education for Parents and Teacher for Healthy Growth

3. Office of Early Childhood. Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Maternal, Infant and Early Childhood Home Visiting Innovation grant 11/1/17-10/1/18 UH4MC30743
Developed online learning modules for home visitors working with expectant mothers and high-risk families with children birth to age 5.

Pending Grants

1. NHLBI, NIH (Tovar, PI) 4/1/22-3/31/27
R01
Strong Families Start at Home/Familias Fuertes Comienzan en Casa: A novel Video and Motivational Interviewing Intervention to improve diet quality of low-income, ethnically diverse children
2. NHLBI, NIH (Tovar, Grigsby-Toussaint, MPI) 9/1/21-8/31/24
R34
Feasibility of an Infant Feeding Intervention in a Pediatric Clinical Population
3. NIDDK, NIH (Keita, PI) 9/1/21-8/31/24
R01
Testing a Multilevel, Multicomponent, Multigenerational Dietary Intervention to Improve Southeast Asian, Co-investigator
4. NHLBI, NIH (Gans, Risica, MPI) 9/1/21-8/31/25
R01
Healthy Start-Comienzos Sanos: An innovative, tailored m-health intervention to Improve Family Child Care Home Environments and Toddler & Preschooler Diet, Physical Activity and Sleep in Childcare, Co-investigator
5. NHLBI, NIH (Gans, Risica, Tovar, MPI) 2/1/22-1/31/25
R01
Healthy Start: An innovative, multi-level intervention with family child care providers and families to improve the dietary behaviors of preschool children

TEACHING

Sep 2022-May 2023 Community-Engaged Research in Public Health (PHP 1810).
Providence, RI. Sole Instructor

This course provides an overview of theories, principles, and strategies associated with Community-Based Participatory Research (CBPR) through students' own participatory learning. CBPR is a collaborative approach to research that draws on the expertise of all partners to address health equity and justice. CBPR combines methods of inquiry with capacity-building strategies that strive to make research meaningful and relevant to specific communities. CBPR supports action-oriented and community-partnered approaches to public health research that recognizes and promote community assets and expertise. CBPR

calls on researchers to engage in anti-oppressive practices, which requires researchers to tap into their embodied experiences of research. Contemplative practices such as mindfulness and critical reflection are powerful tools to support researchers in this work

Sep 2020 -Dec 2021 Graduate Seminar (NFS 512), University of Rhode Island, Kingston, RI. Co-instructor.

This seminar is designed to expose graduate students to different areas of research in nutrition and to offer a forum for discussing this research, including the different methodologies, research findings and implications for public health and policies. It will offer students an opportunity to practice their presentation skills, learn how to ask appropriate and engaging questions, provide and receive constructive criticism/feedback from each other and from faculty on ways to improve their presentation.

Jan 2014 – Dec 2020 Public Health Nutrition (NFS 212), University of Rhode Island, Kingston, RI. Sole Instructor.

The goal of this interdisciplinary course is to provide an introduction to the concepts and basic principles of public health nutrition and to explore one of the greatest public health challenges the U.S. faces: the obesity epidemic. This course has a special emphasis on multicultural learning through examples of health disparities and vulnerable populations. Through multiple assignments and discussions, students have an opportunity to critically think about a challenge in their own environment that hinders their own health and come up with their own solution to this problem.

Sept 2013 – Dec 2021 Community Nutrition (NFS 506), University of Rhode Island, Kingston, RI. Sole Instructor.

This course provides presentations, readings and activities related to the broad range of community-based nutrition research, programs and policies in the US today. Students become familiar with community-based research and programs focused solely on nutrition as well as those in which nutrition is one of several components. Students engage in skill-building and participatory activities, as well as solving case examples using creative and innovative approaches to community nutrition.

Aug 2009 – June 2011 Friedman School of Nutrition Science and Policy, Boston, MA. Postdoctoral Fellow and consultant for Childhood Obesity 180, under supervision of Dr. Christina Economos. Co-instructor Community/Public Health Nutrition (Nutr 228).

Jan 2006 – Aug 2009 Friedman School of Nutrition Science and Policy, Boston, MA. Doctoral dissertation, under the supervision of Professor Aviva Must. Teaching assistant nutrition in the lifecycle (Nutr 301) and principles of biostatistics (PH 206). Co-instructor research methods in public health (PH 221).

Mentoring

Major Professor, Doctoral Students

September 2022-present Ellis Silva
January 2021- Yarisbel Herrera Melo+
September 2018- May 2022 Katelyn Fox
September 2016- May 2020 Amy Moore*
September 2015- May 2019 Noereem Mena**
September 2016- September 2018 Kate Belastracci

+Nutrition & Obesity and Policy Evaluation Network Summer Stipend Award.

*URI Diversity Fellowship

**NIH Diversity Supplement: 3R01HL123016-02S1 & Diversity and Inclusive Excellence Award

Master Students

January 2023-present Leonardo Arriola Carnicelli
September 2022-present Sarah Blau
September 2020- present Jordan Young
September 2020- May 2022 Kelly Bouchard
September 2018-May 2020 Margaret Samson
September 2018-May 2020 Andrea Ramirez
September 2017-May 2019 Taylor Berlinksi
September 2016- May 2018 Jessie Boukarim*
September 2016- May 2018 Tayla Carter
September 2014-May 2016 Maggie Tsai*
September 2014-May 2016 Amy Moore
September 2014-May 2016 Laura Otterbach
September 2014-May 2016 Megan Fallon
September 2013-May 2015 Patrick Vanash
September 2013-May 2015 Sarah Harper
September 2013-May 2015 Noereem Mena

*Recipients of URI Diversity Fellowships

Supervisor for Master Applied Public Health Students

Summer 2022 Huy Tran
June 2022-June 2023 Sarah Fischbach

Undergraduate Students

Undergraduate students are included in our research team and obtain experience working on a research project.

January 2021-present Marie Fam
Fall 2020-present Emily Browne
January 2019 -present Ivonne Sical*
January 2019-present Adam Brice
September 2019-Fall 2020 Catherine Rall
September 2018- June 2020 Rachel Oliva
September 2018- May 2019 Claudia Desantctis

September 2018- May 2019 Jamie Froment
September 2018- May 2019 Lauren Oliveira
September 2018- May 2019 Kelly Bianco
September 2018- May 2019 Bailey Slocum
September 2015- May 2019 Carly Ellis
September 2016- May 2019 Carolina de Araujo
September 2016- September 2018 Fatima Tobar
September 2016- May 2017 Laurel Scott
September 2015-May 2016 Margaret Garcia
September 2015-May 2016 Lais Duarte
September 2015-May 2016 Tayla Carter
September 2015-May 2016 Blaire Cutler
September 2015-May 2016 Mariaelisa Castillo
September 2013-May 2014 Megan Fallon
January 2013- May 2013 Ashley Hebert

*Recipient of URI Research Diversity Award

Visiting students

June 2018- October 2018 Juana Esther Cuadrado, Departamento de Nutrición,
Facultad de Farmacia. UCM, Madrid, Spain

External Reviewer for PhD Thesis, University of New Castle Australia

Graduate student Committees

September 2018-present Helena Bentil, PhD, Nutrition
September 2017-present Dara LuBuono, PhD, Nutrition
September 2016-May 2018 Haley Parker, MS, Nutrition
September 2015-May 2017 Silvia Lepe, MS, Nutrition
September 2015-May 2017 Flavia Cattaneo, MS, Nutrition
September 2015-May 2017 Jennifer Goodwin MS, Nutrition
September 2013- May 2017 Kate Halloran, PhD, Psychology
September 2014-May 2016 Kelsi Chappell, MS, Nutrition
September 2014-May 2016 Jennifer Nobles, MS, Nutrition
September 2012-May 2016 Lisa DiMaria, PhD, Nursing
September 2014-May 2016 Anna Lubiner, MS, Psychology
September 2013-May 2015 Victoria Shores, MS Nutrition
September 2013-May 2015 Donna Kelley, MS, Nutrition

External Graduate Committees

January 2021-present Violeta Chacon, Friedman School of Nutrition Science and Policy,
Tufts University, Boston

September 2018-present Saima Hasin, Child, Youth and Family Studies, University of
Nebraska-Lincoln

September 2018-present Jasmin Smith, Child, Youth and Family Studies, University of
Nebraska-Lincoln

External reviewer for Kristy Sowards Thesis. University of Newcastle, Australia.

Faculty

Kristen Cooksey Stower (K-award)

Tany Benitez (K-award)

Karen Jennings Mathis

Languages

Fluent in Spanish and French