

Jennifer M. Sacheck, PhD, MS, FACSM

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Current Title

Feb 2025- Provost's Professor and Chair, Department of Behavioral and Social Sciences
Center for Health Promotion and Health Equity
Brown University School of Public Health
Brown University, Providence, RI

Education

2001 Ph.D. Nutrition Science, Friedman School of Nutrition Science and Policy, Jean Mayer USDA
Human Nutrition Research Center on Aging, 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 Research Fellow, Department of Cell Biology
Harvard Medical School, Boston, MA
NIH-F32 Post-doctoral Fellowship (2003-2005)

Other Professional Employment/Positions

Academic Appointments

2025-present Affiliate Faculty Member, Milken Institute School of Public Health, The George Washington
University
2018-2025 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
2024-2025 NCAA Faculty Athletics Representative (FAR), George Washington University
2024-2025 Core Faculty Member, Institute for Food Safety and Nutrition Security, The George
Washington University
2024-2025 Affiliate Faculty Member, Global Food Institute, The George Washington University
2020-2024 Program Director, PhD Program in Exercise Physiology & Applied Nutrition, EXNS, Milken
Institute School of Public Health, The George Washington University
2018-present 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 Novice & Varsity Lightweight 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

- 2024 Inductee, Syracuse University Hall of Fame – Women’s Rowing, Syracuse University
- 2024 Posse Undergraduate Mentor Nominee, George Washington University
- 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*, Olympia, 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 health across the lifespan with a focus on those most at risk for poor health outcomes. My current research lies at the intersection of nutrition, physical activity, and health-related outcomes with the goal of preventing chronic disease and optimizing health. For the past two decades I have conducted obesity and chronic disease

SPLASH - Supporting Physical Literacy and Activity at School and Home

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|-----|--|------------------------------|-------------------|
| 18. | DHHS/CDC/YES Initiative-CPIMP191186
\$449,931
<i>The Coaches (Creating Opportunities for Adolescents through Coaching, Healthy Eating, and Sports) Project</i> | Sacheck/Up2Us Sports (co-PI) | 9/30/19-9/29/22 |
| 19. | Redstone Pilot Grant
\$47,565
Role: Co-Investigator
<i>Investigating behavioral patterns of sugary drink intake among low-income, African-American, adolescents</i> | Sylvetsky (PI) | 4/1/21-3/31/22 |
| 20. | Healthy Eating Research (RWJF)
\$8,000
<i>Relationship between household food insecurity and childhood obesity</i> | Sacheck (PI) | 12/22/20-12/31/21 |
| 21. | George Washington University Cross-disciplinary Research Fund (CDRF)
\$49,914
Role: Co-investigator
<i>Predicting 3D Body Composition Using Optical Surface Scans</i> | Hahn (PI) | 7/1/20-6/30/21 |
| 22. | CRO KL2 Scholar Award
\$250,000
Role: Primary Mentor
<i>Investigating withdrawal symptoms as a barrier to reducing sugar-sweetened beverage consumption among children with obesity</i> | Sylvetsky (PI) | 6/1/18 – 5/31/21 |
| 23. | 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 |
| 24. | 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 |
| 25. | D.C. Public Schools, Design Lab
\$5,500
<i>DC Fueling Learning</i> | Sacheck (PI) | 9/1/18-6/30/19 |
| 26. | 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 |
| 27. | 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 |
| 28. | The Boston Foundation
\$125,000
<i>Fitness and school health in Boston-area urban schoolchildren</i> | Sacheck (PI) | 7/1/15 – 12/31/17 |

29. The Boston Foundation \$100,000 <i>Impact of physical activity on children's classroom behavior</i>	Sacheck (PI)	4/1/15-6/30/17
30. 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
31. 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
32. Tufts Innovates Grant \$14,601 <i>Active learning in an active classroom</i>	Sacheck (PI)	7/1/14 - 6/30/15
33. New Balance Foundation \$11,000 <i>Physical activity assessment in Massachusetts</i>	Sacheck (PI)	2/1/14 – 12/31/14
34. The Boston Foundation \$175,000 <i>Moving to academic success in Lawrence, MA</i>	Sacheck (PI)	1/1/14 - 12/31/14
35. NIH-ODS \$141,136 <i>Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren - supplement</i>	Sacheck (PI)	6/1/10 - 11/30/14
36. Nestec, Ltd. \$1,826,365 Role: Co-Investigator <i>Efficacy of nutritional supplementation on physical-activity mediated changes in physical functioning older adults at risk for mobility disability (VIVE2 Study)</i>	Fielding (PI)	10/9/10 - 9/30/14
37. Nestec, Ltd. \$1,836,000 Role: Co-Investigator <i>Exercise and nutrition field trial for frail elders (VIVE1 Study)</i>	Folta (PI)	12/1/09 - 6/30/13
38. American Heart Association Scientist Development Grant \$198,000 <i>Impact of physical fitness and overweight on inflammation in school-aged children</i>	Sacheck (PI)	7/1/08 - 6/30/11
39. Harvard Pilgrim Health Care Foundation \$136,644 <i>Developing a picture of school food service in MA, ME, & NH: A case study of successful "outliers"</i>	Sacheck (PI)	12/1/09 - 8/31/10
40. California Raisin Marketing Board \$80,941 <i>The effect of a high antioxidant snack on sustained energy and stress in children</i>	Sacheck (PI)	9/1/07 - 5/31/09
41. 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
42. 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
43. NIH/NIAMS - F32AR048517 Sacheck (PI) 2/1/03 - 1/31/05
 \$84,735
Muscle gene expression following denervation and disuse
44. 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
45. 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
46. 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
47. 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

48. JPB Foundation Economos (PI) 1/1/13 - 3/31/17
 \$2,000,000
 Role: Co-Investigator
Childhood obesity 180 initiative
49. New Balance Foundation Economos (PI) 11/1/04 - 12/31/13
 \$5,000,000
 Role: Co-Investigator
Children in balance
50. 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
51. The Rosenberg Foundation Economos (PI) 3/1/07 - 12/31/07
 \$50,000
 Role: Co-Investigator
The Tufts Longitudinal Health Study
52. 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. Satcheck**, and S. Tapia. A review of creatine supplementation: Side effects and improvements in athletic performance. *Nutrition in Clinical Care*. 2(2):73-81, 1999.
2. **Satcheck, J.M.** and R. Roubenoff. Nutrition in the exercising elderly. *Clin Sports Med*. 18(3):565-584, 1999. PMID: 10410842.
3. **Satcheck, J.M.**, E. Decker, and P.M. Clarkson. The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes. *Eur J Appl Physiol*. 83(1):40-46, 2000.
4. **Satcheck, J.M.** and R. Roubenoff. Keeping women athletes nutritionally on course. *Sports in Primary Care*. 1(2):17-20, 2001.
5. **Satcheck, J.M.** and J.B. Blumberg. The role of vitamin E and oxidative stress in exercise. *Nutrition*. 17:809-814, 2001. PMID: 11684385.
6. **Satcheck, J.M.**, P.E. Milbury, J.G. Cannon, R. Roubenoff, and J.B. Blumberg. Effect of vitamin E and eccentric exercise on selected biomarkers of oxidative stress in young and elderly men. *Free Rad Biol Med*. 34(12):1575-1588, 2003. PMID: 12788477.
7. Hamada, K., E. Vannier, **J.M. Satcheck**, A.L. Witsell, J.G. Cannon, R. Roubenoff. Senescence of human skeletal muscle impairs the local inflammatory cytokine response to acute eccentric exercise. *FASEB J*. 19(2):264-266, 2004. PMID: 15556970.
8. Booth, S.L., I. Golly, **J.M. Satcheck**, R. Roubenoff, G.E. Dallal, K. Hamada, J.B. Blumberg. Effect of vitamin E supplementation on vitamin K status in adults with normal coagulation status. *Amer J Clin Nutr*. 80(1):143-148, 2004. PMID: 15213041.
9. **Satcheck, J.M.**, A. Ohtsuka, S.C. McLary, and A.L. Goldberg. IGF-1 stimulates muscle growth by suppressing protein breakdown and expression of atrophy-related ubiquitin-ligases, atrogin-1 and MuRF1. *Amer J Physiol - Endo Metab*. 287(4):E591-601, 2004. PMID: 15100091.
10. **Satcheck, J.M.**, J.G. Cannon, K. Hamada, E. Vannier, J.B. Blumberg, and R. Roubenoff. Age-related loss of associations between acute exercise-induced IL-6 and oxidative stress. *Amer J Physiol - Endo Metab*. 291: E340-349, 2006. PMID: 16507605.
11. **Satcheck, J.M.**, J.K. Hyatt, A. Raffaello, R.T. Jagoe, R.R. Roy, V.R. Edgerton, S.H. Lecker, A.L. Goldberg. Rapid disuse and denervation atrophy involve similar transcriptional changes as muscle wasting during systemic diseases. *FASEB J*. 21(1):140-55, 2007. PMID: 17116744.
12. Economos, C.E., **J.M. Satcheck**, 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. Satcheck**, K.K.H. Chui, L. L. Irizzary, J. Guillemont, J.J. Collins, R.R. Hyatt. School-based behavioral assessment tools are reliable and valid for measurement of fruit and vegetable intake, physical activity and television viewing in young children. *J Amer Diet Assoc*. 108(4): 695-701, 2008. PMID: 18375228.

14. **Sacheck, J.M.** Pediatric obesity: An inflammatory condition? *JPEN*. 32(6):633-37, 2008. PMID: 18974243.
15. **Sacheck, J.M.**, J. Kuder, C.D. Economos. Physical fitness, adiposity, and metabolic risk factors in young college students. *Med Sci Sports Exerc*. 42(6):1039-1044, 2010. PMID: 19997014.
16. Economos, C.D., K. Shea, E. Hennessy, **J.M. Sacheck**, E. Naumova. Reliability and validity of a physical activity survey for early elementary school children. *BMC Musculoskelet Disord*. 31(11):195, 2010.
17. *Kafka T., S. Folta, C.D. Economos, **J.M. Sacheck**. Children as subjects in nutrition research: a retrospective look at their perceptions. *J Nutr Educ Behav*. 43(2):103-9, 2011. PMID: 21392713.
18. **Sacheck, J.M.**, T. Nelson, L. Ficker, T. Kafka, J. Kuder, C.D. Economos. Physical activity during soccer and its contribution to physical activity recommendations in normal weight and overweight children. *Pediatr Exerc Sci*. 23:281-292, 2011. PMID: 21633140.
19. *Fay, K., C.D. Economos, R.M. Lerner, A.E. Becker, **J.M. Sacheck**. Relations between sports participation and eating disorders among late adolescent males and females. *Eat Weight Disord-ST*. 16:e102-11, 2011.
20. **Sacheck, J.M.**, E. Goodman, K. Chui, V. Chomitz, A. Must, C. Economos. Vitamin D deficiency, adiposity, and cardiometabolic risk in urban schoolchildren. *J Pediatr*. 159(6):945-950, 2011. PMCID: 3586426.
21. 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. PMCID: 4465563.
22. **Sacheck, J.M.**, E. Morgan, P. Wilde, T. Griffin, E. Nahar, C.D. Economos. Key strategies for improving school food service programs: a case study of three New England food service innovators. *JCNM*. 36(1), 2012.
23. *Au, L.E., C.D. Economos, E. Goodman, A. Must, V.R. Chomitz, **J.M. Sacheck**. Vitamin D intake and serum vitamin D in ethnically diverse urban schoolchildren. *Public Health Nutr*. 15(11):2047-53, 2012. PMCID: 4390038.
24. *Au, L.E., C.D. Economos, E. Goodman, R.F. Houser, A. Must, V.R. Chomitz, E.H. Morgan, **J.M. Sacheck**. Dietary intake and cardiometabolic risk in ethnically diverse urban schoolchildren. *J Acad Nutr Diet*. 112(11):1815-21, 2012. PMID: 23102181.
25. *Morgan, E.H., R.F. Houser, L.E. Au, **J.M. Sacheck**. Associations between three school-based measures of health: Is BMI enough? *J Sch Nurs*. 29(5):378-385, 2013. PMID: 23239787.
26. *Au, L.E., G.T. Rogers, S.S. Harris, J.T. Dwyer, P.F. Jacques, **J.M. Sacheck**. Associations of vitamin D intake with 25OHD by weight status and race/ethnicity in U.S. children. *J Acad Nutr Diet*. 113(11):1511-16, 2013. PMCID: 4435814.
27. **Sacheck, J.M.**, H. Rasmussen, M.M. Hall, T. Kafka, J.B. Blumberg, C.D. Economos. The association of pre-game snacks on exercise intensity, stress, and fatigue in children. *Pediatr Exerc Sci*. 26(2):159-67, 2014. DOI: 10.1123/pes.2013-0067.
28. *Au, L.E., S.S. Harris, P.F. Jacques, J.T. Dwyer, **J.M. Sacheck**. Adherence to a vitamin D supplement intervention in urban schoolchildren. *J Acad Nutr Diet*. 114(1):86-90, 2014. PMCID: 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. PMCID: 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. PMCID: 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. PMCID: 4344912.
34. Kirn D.R., A. Koochek, K.F. Reid, Å. von Berens, T.G. Trivison, 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. PMCID: 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. PMCID: 4807642.

42. *Hubbard K., C.D. Economos, P. Bakun, R. Boulos, K.K. Chui, M. Mueller, K. Smith, **J.M. Sacheck**. Disparities in moderate-to-vigorous physical activity among girls and overweight and obese school children during school- and out-of-school time. *Int J Behav Nutr Phys Act.* 13(1):39, 2016. DOI: 10.1186/s12966-016-0358-x.
43. Francis, C.E., P.E. Longmuir, C. Boyer, P. Belanger, L.B. Andersen, J.D. Barnes, E. Boiarskaia, J. Cairney, A.D. Faigenbaum, G. Faulkner, B.P. Hands, J.A. Hay, I. Janssen, P.T. Katzmarzyk, H.C.G. Kemper, D. Knudson, M. Lloyd, T.L. McKenzie, T.S. Olds, **J.M. Sacheck**, R.J. Shephard, D.F. Stodden, W. Zhu, M.S. Tremblay. Developing a physical literacy model and relative factor importance within the Canadian Assessment of Physical Literacy: A Delphi process. *J Phys Act Health.* 13(2):214-22, 2016. PMID: 26106940.
44. Corcoran, M., K. Chui, D.K. White, K.F. Reid, D. Kirn, M.E. Nelson, **J.M. Sacheck**, S.C. Folta, Fielding, R. A. Accelerometer assessment of physical activity and its association with physical function in older adults residing at assisted care facilities. *Journal of Nutrition, Health and Aging.* 20(7):752-8, 2016. PMID: 27499309.
45. Hatfield, D.P., V.R. Chomitz, K.K. Chui, **J.M. Sacheck**, A. Brown, C.D. Economos. Impact of a community-based physical activity program on overweight/obese children's fitness and adiposity. *Health Promotion Practice.* Epub ahead of print, 2016. PMID: 27199149.
46. *Wright, C.M., P.J. Duquesnay, S. Anzman-Frasca, V.R. Chomitz, K. Chui, C.D. Economos, E.G. Langevin, M.E. Nelson, **J.M. Sacheck**. Study Protocol: The Fueling Learning through Exercise (FLEX) Study – A randomized controlled trial of the impact of school-based physical activity programs on children's physical activity, cognitive function, and academic achievement. *BMC Public Health.* 16(1): 1078, 2016.
47. **Sacheck, J.M.** Vigorous physical activity in youth – Just one end of the physical activity spectrum? *Amer J Lifestyle Med.* 11(2):116-118, 2016.
48. Economos, C.D., A. Koomas, S. Anzman-Frasca, S. Folta, M. Newman, J Heck, G. Chen, **J.M. Sacheck**. Snacks, beverages, and physical activity during volunteer-led out-of-school-time programs: A cross-sectional analysis. *BMC Public Health.* 17(1):125, 2017.
49. Linder, D., **J.M. Sacheck**, F. Noubary, M. Nelson, L. Freeman. Dog attachment and perceived social support in overweight/obese and healthy weight children. *Prev Med Reports.* 6:352-354, 2017.
50. Corcoran, M., M.E. Nelson, **J.M. Sacheck**, K.F. Reid, D. Kirn, R.A. Fielding, K.K. Chui, S.C. Folta. Efficacy of an exercise and nutritional supplement program on physical performance and nutritional status in older adults with mobility limitations residing at senior living facilities. *Journal of Aging and Physical Activity.* 25(3):453-463, 2017.
51. Bleisweiss-Sande R., S. Kranz, P. Bakun, L. Tanskey, C. Wright, **J.M. Sacheck**. Comparative study of a new dietary screener to assess food groups of concern in children. *Food Nutr Bull.* 38(4):585-593, 2017.
52. *Amin, S., C.M. Wright, R. Boulos, V.R. Chomitz, K. Chui, C.D. Economos, **J.M. Sacheck**. The physical activity environment and academic achievement in Massachusetts schoolchildren. *Journal of School Health.* 87(12):932-940, 2017.
53. Fielding, R.A., G.T. Trivison, D.R. Kirn, A. Koochek, K.F. Reid, Å. von Berens, H. Zhu, S.C. Folta, **J.M. Sacheck**, M.E. Nelson, C.K. Liu, A.C. Åberg, M. Nydahl, M. Lilja, T. Gustafsson, T. Cederholm. Effect of structured physical activity and nutritional supplementation on physical function in mobility-limited older adults: results from the VIVE2 randomized trial. *J Nutr Health Aging.* 21(9):936-942, 2017.

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Peer Reviewed Reports

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Non-Peer reviewed reports

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

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

Books Authored

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

Books Edited

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

Scientific Proceedings

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

Other

137. C.D. Economos, **J.M. Sacheck**, J. Goldberg. Website content development for *The Weight of the Nation Website*. HBO Documentary Films, Institute of Medicine, Centers for Disease Control, National Institutes of Health, Kaiser Permanente, and the Michael & Susan Dell Foundation. May 2012.
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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. World Food Safety Day Symposium. Institute for Food Safety and Nutrition Security, The George Washington University. Panel Discussant: Integrating Food Safety and Nutrition Security. June 6, 2024.

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.
28. Innovations in Behavioral and Social Health Sciences Invited Seminar Series. The Challenges & Opportunities of Working in a Lab without Walls: Implementing Community-based diet and physical activity interventions to promote health. Brown University School of Public Health. February 28, 2025.

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.
3. International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Symposium Discussant: Addressing the complete picture: advancing the promotion of physical activity in school-aged children during school terms and holidays. Cadiz, Spain. May 28, 2026.

Other 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.
30. Bozzuto/Cigna Healthcare. Eating for Energy and Fueling Your Health Capital. Webinar. March 22, 2023.
31. Institute of Electrical and Electronics Engineers/Cigna Healthcare. The Basics of Gut Health. Webinar. March 29, 2023.

32. Institute of Electrical and Electronics Engineers/Cigna Healthcare. Macro vs. Micronutrients: What are they and where do they come from? Webinar. April 26, 2023.
33. Institute of Electrical and Electronics Engineers/Cigna Healthcare. How Should We Really Think about Meal Planning? Webinar. May 24, 2023.
34. Institute of Electrical and Electronics Engineers/Cigna Healthcare. How Do We Apply Food Energy to Our Day? June 7, 2023.
35. Chemonics/Cigna Healthcare. The Basics of Gut Health. Webinar. July 11, 2023.
36. Chemonics/Cigna Healthcare. Macro vs. Micronutrients: What are they and where do they come from? Webinar. July 25, 2023.
37. Chemonics/Cigna Healthcare. How Should We Really Think about Meal Planning? Webinar. Sept 7, 2023.
38. The World – Wellness Week Seminar Series. How Healthy is Your Health Food? Grand Cayman, Cayman Islands. October 27, 2023.
39. The World – Wellness Week Seminar Series. Eating Well for Metabolic Health. Grand Cayman, Cayman Islands. October 28, 2023.
40. The World – Wellness Week Seminar Series. Fueling for Movement, Energy and Health. Panama City, Panama. November 1, 2023.
41. The World – Officer & Staff Special Seminar. Fueling for Movement, Energy and Health. Panama City, Panama. November 2, 2023.
42. Chemonics/Cigna Healthcare. Eating Well for Metabolic Health. Webinar. February 8, 2024.
43. Cigna Healthcare/Women’s Health Series. Eating Well for Metabolic Health and Menopause. Webinar. February 15, 2024.
44. LifeNet Health/Cigna Healthcare. Building Your Health Capital with Nutrition. Webinar. March 19, 2024.
45. The World – Wellness Week Seminar Series. Precision Nutrition, Nutrition Information and Mis-information: Where is the science and who do we trust going forward? Manila, Phillipines. August 7, 2024.
46. The World – Wellness Week Seminar Series. Our Perceptions of and Fixation on Body "Fatness": Quick fixes and long-term considerations. Makassar, Indonesia. August 8, 2024.
47. The World – Wellness Week Seminar Series. Why your muscle mass matters: Muscular “fitness” as one of the grand negotiators of body signals and long-term health. Bali, Indonesia. August 10, 2024.
48. Stride/Cigna Healthcare. Heart Disease & Diabetes – What and how to eat. Webinar. February 12, 2025.
49. IEEE/Cigna Healthcare. Heart Disease & Diabetes – What and how to eat. Webinar. March 19, 2025.
50. March of Dimes/Cigna Healthcare. Building Your Health Capital with Nutrition. Webinar. March 26, 2025.
51. THTBC/Cigna Healthcare. Food for the Day: Keeping Energy Up. April 8, 2025.

52. Stride, Inc./Cigna Healthcare. Food for the Mind and Body. Webinar. April 9, 2025.
54. By Light Professional IT Services/Cigna Healthcare. Food for the Day: Keeping the Energy Up. Webinar. April 24, 2025.
55. Xometry/Cigna Healthcare. Weight Management through Exercise. July 2, 2025.
56. Stride, Inc./Cigna Healthcare. Food for Picky Eaters. August 28, 2025.
57. Bozzuto Group/Cigna Healthcare. Food for the Mind and Body. August 20, 2025.
58. IEEE/Cigna Healthcare. Food for the Mind and Body. September 10, 2025.
59. THTBC/Cigna Healthcare. Put Down the Cookie and Keep Moving through the Holidays. December 3, 2025.
60. Stride, Inc./Cigna Healthcare. Put Down the Cookie and Keep Moving through the Holidays. December 10, 2025.
61. THTBC/Cigna Healthcare. Weight Management through Exercise. January 29, 2026.
62. Stride, Inc./Cigna Healthcare. Movement for Heart Health: Tackling Obesity, Hypertension, & Cholesterol. February 10, 2026.
63. IEEE/Cigna Healthcare. Movement for Heart Health: Tackling Obesity, Hypertension, & Cholesterol. February 18, 2026.

University Service

Administrative Assignments

Brown University, School of Public Health

2025-- *Chair, Department of Behavioral and Social Sciences*

George Washington University

2024-2025 *Faculty Athletics Representative, Department of Athletics*

2024-2025 *Faculty Senator, GW Faculty Senate, SPH Elected Member*

2024-2025 *Chair and Senate Liaison, GW Athletics and Recreation Committee*

Milken Institute School of Public Health, George Washington University

2020-2024 *Program Director, PhD Program in Exercise Physiology and Applied Nutrition*

2018-2025 *Chair, Department of Exercise and Nutrition Sciences*

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

2022-2024 *Chair, Search Committee, Director of the Sumner M. Redstone Global Center for Prevention and Wellness*

2021-2024 *Diversity, Equity and Inclusion Committee, Elected Member*

2019-2024 *PhD Program Director's Committee*

2019 *Appointments, Promotions, and Tenure Committee, Department of Prevention and Community Health (ad hoc)*

2018-2025 *School of Public Health Executive Committee, Member*

2018-2025 *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*

2018-2019 *Search Committee, International Nutrition Candidate*

2018 Search Committee, Visiting Assistant Professor of Nutrition
2018-2019 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

2023-Present National Physical Activity Alliance
2006-Present International Society of Behavioral Nutrition and Physical Activity
2004-Present American Society for Nutrition
1996-Present American College of Sports Medicine
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

2025- American College of Sports Medicine – Exercise is Medicine, Pediatric Subcommittee, Member
2014-2023 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

2025- NOPREN Nutrition and Obesity Policy Research and Evaluation Network, Member
2025- PAPREN Physical Activity Policy Research and Evaluation Network, Member
2021-2023 NIH/NICHD - Biomarkers of Nutrition for Development (BOND): Knowledge Indicating Dietary Sufficiency (KIDS): the BOND-KIDS Project, Nutrition & Biology Working Group, Member

Editorial Peer Review

Editorial Board Membership

- 2025-
2024 *Nutrients*, Editorial Board Member.
Nutrients, Special Issue Editor – *Dietary Intake and Weight Status among Children and Adolescents*
- 2022-2024 *Frontiers in Public Health*, Special Issue Editor - *Moving the Needle on Children’s Physical Activity – How to Best Promote More Movement?*
- 2021-2023 *Nutrients*, Editorial Board Member
- 2021-2022 *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

Conference Organization

- 2024 4th International Conference on Nutrients (online) – *Plant-based Nutrition Focusing on Innovation, Health and Sustainable Food Systems*. Oct 16-18, 2024, Editorial Board Member

Other Editorial/Reviews

- 2025 World Health Organization: *Guideline on integrated management of adolescents with obesity in all their diversity: A primary health care approach for improved health, functioning and reduced obesity-associated disability*. Expert External Review Group Member.
- 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	Pediatric Obesity
Frontiers in Public Health	PLOS One
Journal of the Academy of Nutrition and Dietetics	Pilot and Feasibility Studies
Journal of Physical Activity and Health	Preventive Medicine
Journal of Nutrition, Education and Behavior	American Journal of Clinical Nutrition

External Activities & Partnerships

2024--	Global Youth Fitness Forum, Member
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

2025-	Meals on Wheels, Rhode Island – Evaluation consultant
2022-	<i>FoodPrints</i> , Washington, DC – Evaluation consultant
2009-2016	<i>Kids in Motion</i> , West End House, Brighton, MA – Lead Evaluator
2014	<i>Playworks</i> , Boston, MA – Program Lead for Training of Playworks Staff on Evaluation
2009-2010	<i>New Balance Healthy Living Club</i> , Boys and Girls Club, Lawrence, MA – Lead Evaluator

Certifications

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

2024	<i>Multi-level determinants of childhood obesity & prevention strategies</i> (EXNS 4199), Director
2023-2024	<i>Undergraduate Research</i> (EXNS 3995), Director
2020, 2022	<i>Nutrition Science Senior Capstone</i> (EXNS 4112), Director
2018-2023	<i>Introduction to Nutrition Science</i> (EXNS 2119), Director
2019	<i>Nutrition & Exercise Science Research Methods</i> (EXNS 3111), Co-instructor

Graduate Courses, Milken Institute School of Public Health, George Washington University

2024	<i>Multi-level determinants of childhood obesity & prevention strategies</i> (EXNS 6299), Director
2021-2024	<i>PhD Dissertation Research</i> (PUBH 8999), Director

Graduate Courses, FSNSP Tufts University

2014-2017	<i>Nutrition, Physical Activity and Health (Nutr272), Director</i>
2011-2015	<i>Nutritional Biochemistry (Nutr370) – Protein Biochemistry</i>
2007-2013	<i>Nutrition, Physical Activity and Health (Nutr272), Co-director</i>
2007-2010	<i>Nutritional Biochemistry and Physiology: Macronutrients (Nutr370), Director</i>
2006	<i>Fundamentals of Nutrition Science (Nutr291FN), Director</i>
2005	<i>Fundamentals of Nutrition Science (Nutr202), Director</i>

Undergraduate Courses, Tufts University

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

1. PHP1900 Epidemiology of Disorders and Diseases of Childhood and Young Adulthood. School-based nutrition and physical activity interventions. Brown University School of Public Health, Fall 2025.
2. Nutrition Basics in the Context of “Food”. SUST 3003. *World on a Plate.* George Washington University, Fall 2024.
3. 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, 2020-2023.
4. Randomized Controlled Trials – A Focus on Community-based Interventions. EXNS 3111W. *Research Methods in Exercise and Nutrition Science.* Spring 2023.
5. Youth Physical Activity – Some Epi and Some Application. EXNS 6208. *Physical Activity Epidemiology.* Spring 2021, 2022.
6. 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.
7. Measurement of Physical Activity – Accelerometry. Department of Exercise and Nutrition Sciences. EXNS 8199. *Advanced Exercise Physiology Laboratory.* Fall 2021.
8. 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, 2023.
9. Youth Physical Activity – Some Epi and Some Application. PUBH 6208 *Physical Activity Epidemiology.* George Washington University School of Public Health, Spring 2021, 2022.
10. Nutrition, Exercise and Immunity. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington University School of Public Health, Spring 2021.
11. Caffeine and Exercise Performance. Department of Exercise and Nutrition Sciences, EXNS 1118 *Sports Nutrition*, George Washington University School of Public Health, Spring 2021.
12. 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.
13. 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.
14. Community-based Intervention Implementation. Nutr315: *Study Design in Nutrition Research*, FSNSP, Tufts University, 2017.

15. Physical activity epidemiology. Nutr305: *Nutritional Epidemiology*, FSNSP, Tufts University. 2013-Present.
16. Protein biochemistry: Branched chain amino acids. Nutr370: *Nutritional Biochemistry, Macronutrients*, FSNSP, Tufts University. 2016-2017.
17. Nutrition, inflammation and chronic disease. SAR HS 775: *Advanced Clinical Nutrition*, Sargent College of Health and Rehabilitation Sciences, Boston University, Spring 2008-2015.
18. Sports Nutrition. Nutr101: *General Nutrition*, Tufts University, Spring 2014.
19. Energy balance and sports nutrition. Nutr201: *Fundamentals of Nutrition Science*, Tufts University, August 5, 2008.
20. Water and electrolytes. Nutr291SP: *Scientific Principles of Nutrition*, FSNSP, Tufts University, April 10, 2007.
21. Protein Degradation. Nutr271A: *Nutritional Biochemistry – Macronutrients*, FSNSP, Tufts University, October 24, 2006.
22. General introduction to exercise physiology. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, September 20, 2004.
23. Exercise and the immune system. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Nov 25, 2002.
24. Exercise and oxidative stress. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Fall 2000, 2001 and 2004.
25. Nutrition for exercise performance and fitness. Nutr202: *Fundamentals of Nutrition*, FSNSP, Tufts University, Nov 9, 2000.
26. Exercise and oxidative stress. Bio95hfc: *Exercise Physiology Seminar*, Harvard University, Spring 1998.

Training of Graduate Students/Postdoctoral Trainees

Dissertation Advising/Committees

2024-2025	Julia Blouin, MS, candidate in EPAN, George Washington University, Chair
2021-	Christine St. Pierre, MPH, R.D., candidate in EPAN, George Washington University, Chair
2021-2025	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

2025- Yizhe Sun, Brown University MPH Candidate, *Declines in adolescent female physical activity and correlates with perceived anxiety.*
2024-2025 Lauren Rotholz, (GW) Public Health Nutrition MPH Candidate, *Food Literacy Programming in DC Public Schools*
2023-2024 Timothy O'Neil, EPAN PhD Candidate, Project Manager, GW *FRESH Study*
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

2025- Sydney Vaughn, Brown University, Undergraduate Honors Thesis
2025 Elizabeth Soyemi, Brown University, Undergraduate Honors Thesis
2024-2025 Eleanor Flacke (GWSPH), Exercise Science Research Capstone, *FRESH Study*
2024-2025 Mayah Bourne (GWSPH), Field Experience Preceptor/Research Assistantship, *FRESH Study*
2024-2025 Lily Amorosino (GWSPH), Undergraduate Honors Thesis in Nutrition, *Food Insecurity in College-aged Young Adults*
2023-2024 Adelaide Feek, Exercise Science Research Capstone, *Perceived Health versus Health Biomarkers Among College Undergraduates Post-COVID*
2022-2023 Cate Alvaro, Undergraduate Honors Thesis in Exercise Science, *Relationship between COVID-19 and Cardiovascular Fitness Among College Students*
2021-2025 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
2019-2025 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
2018-2022 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

2025- Institute for Food Safety and Nutrition Security, The George Washington University, External Advisory Board Member
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

2015-2022 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