

Curriculum Vitae (Brown University Format)

Updated 9 February 2026

1. Name, position, academic departments:

Tayla von Ash

Assistant Professor of Behavioral & Social Sciences
Center for Health Promotion & Health Equity
121 S. Main St.
Brown University School of Public Health
Providence, RI 02903
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2. Home address and phone: Available upon request

3. Education:

2011 BA, University of California, Los Angeles (Psychology)
2014 MPH, Yale University (Social & Behavioral Sciences)
2018 ScD, Harvard University (Social & Behavioral Sciences, Public Health Nutrition)
Dissertation title: Sleep Disparities: Examining the Emergence of Differences in Infant Sleep Outcomes by Race/Ethnicity & Socioeconomic Status, and Implications for Childhood Obesity

4. Professional appointments:

2018-2019 **Consultant** (qualitative data analyst), Division of Sleep and Circadian Disorders, Brigham & Women's Hospital
2018-2020 **Presidential Diversity Postdoctoral Fellow**, Department of Behavioral & Social Sciences, Brown University
2018-2022 **Faculty Advisor**, Department of Health Sciences, College of Health & Rehabilitation Sciences, Boston University
2019 **Instructor**, Department of Health Sciences, College of Health & Rehabilitation Sciences, Boston University
2019-2020 **Consultant** (data manager), Department of Nutritional & Food Sciences, University of Rhode Island
2020-present **Assistant Professor**, Department of Behavioral & Social Sciences, Center for Health Promotion & Health Equity, Brown University
2021-2022 **Faculty Fellow**, Center for the Study of Race and Ethnicity in America, Brown University
2023-2025 **Consultant** (program evaluator), Rhode Island Teen Institute, Rhode Island Student Assistance Services
2025-present **Consultant** (program evaluator), Rhode Island Teen Institute, Tides Family Services

5. Publications: (*Student/former student coauthor)

5a. Peer reviewed articles: (*Student/former student coauthor)

1. Francis L, Kracht C, Chen W, Perrin N, Gans K, **von Ash T**, Lee R, Tovar A. A Mixed-Methods Examination of Early Care and Education Providers' Routine and Pandemic Use and Perceptions of Use Regarding Digital Technology for Nutrition Training: Insights for Digital Nutrition Training Policies and Practices. *Digital Health*. (In Press)
2. **von Ash T**, Gupta A*, Thompson M*, Stevens J, Gregg T, Del Sesto S. Rhode Island Teen Institute is still highly impactful after more than a decade hiatus. *Journal of Youth Development*. (In Press)
3. Lebron C, Larson M*, **von Ash T**, Mitsdarffer M. Disaggregating Maternal Health Risks Among Hispanic Mothers in Florida: Nativity and Heritage Country Matter. *American Journal of Public Health*.

- Health*. (In Press)
4. Chung A, Deaton L, Miller J, Nechyba A, Liu J, Metayer M, **von Ash T**, Shorter S, Veira D. (2025). A Global Perspective of Parent Engagement with Digital Sleep Health Interventions for Young Children: A Scoping Review. *JMIR*: 102226.
 5. **von Ash T**, O'hagan B*, Gupta-Louis SK, Dunsiger S, Toure F*, Connell Bohlen L, Benitez TJ, Murphy CM, Pindus DM, Brown CS, Marcus BH. (2025). Leveraging youth sports to deliver a physical activity intervention to mothers: feasibility, acceptability, and preliminary efficacy of a single-arm open pilot trial. *AJPM Focus*: 100465.
 6. **von Ash T**, Zelaya DG, Grigsby-Toussaint DS, Dulin A, Howe CJ, Kahler CW. (2025). Developing inclusive antiracist approaches to public health research: guidelines for action. *Journal of Public Health Research*, 14(4), 22799036251390936.
 7. Parra A, Ramirez J, **von Ash, T**, Lebron CN. (2025). Fact-Checking #Breastfeeding: Analyzing TikTok Videos Related to Breastfeeding Information. *Journal of Nutrition Education and Behavior*, 57(12): 1122-1128.
 8. O'hagan B*, Raisman N*, Chmielewski S*, **von Ash T**. (2025). Childcare provider self-reported practices during naptime: A qualitative study. *Child & Youth Care Forum*: 1-18.
 9. Risica PM, Alikhani A*, Morales M*, Buyungo S*, Solano P*, Evora S, **von Ash T**. Tobacco Smoke Use and Exposure Are Linked with Breastfeeding Psychosocial Factors and Behaviors. *International Journal of Pediatrics and Child Health*, 13: 15-25.
 10. Tovar A, Bouchard KL, Moore AM, Perry M, Sical I, Arriola Carnicelli L, Sanchez Contreras A, Risica P, Savage JS, **von Ash T**, Dunsiger S, Gans K. The Strong Families Start at Home / Familias Fuertes Comienzan en Casa randomized controlled trial to improve child diet quality and parental feeding practices: rationale and protocol. *JMIR Research Protocols*, 14(1), e73923.
 11. **von Ash T**, O'hagan B*, Gupta A*, Deokule N*, Josephson A*, Chmielewski S*, Chung A. (2025). It's Time to Put the Nap in Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC): A Systematic Review Demonstrating the Impact of Child Care on Sleep Outcomes in Early Childhood. *Childhood Obesity*, 21(3): 255-272.
 12. Pindus DM, Lloyd KM, Ligeza TS, Askow A, McKenna C, Bashir N, Martin H, Quiroz FB, Herrera BM, Cannavale C, Kuang J, Yu Q, Kos M, Brown CS, **von Ash T**, Zou L, Burd NA, Khan NA, Kramer AF, Hillman CH. (2025). Interrupting sitting with moderate-intensity physical activity breaks improves cognitive processing speed in adults with overweight and obesity: Findings from the SITLess pilot randomized crossover trial. *Journal of Psychophysiology*, 112519.
 13. Kracht CL, Tovar A, Gans KM, Lee RE, Tandon PS, **von Ash T**, Francis L. (2025). How to integrate and leverage digital health modalities for health promotion in early childhood education: Opportunities to improve intervention access and engagement. *Translation Behavioral Medicine*, 15(1): ibaf006.
 14. **von Ash T**, Choy CC*, Dunsiger S, Soti-Ulberg C, Wang D, Reupena MS, Duckham RL, Naseri T, Hawley NL. (2025). Behavioral and sociodemographic correlates of sleep duration among children in Samoa. *Sleep Health*.
 15. St. Fleur R*, **von Ash T**, Alikhani A*, Dunsiger SI, Risica PM. (2024). Trajectories of Breastfeeding-Related Thoughts and Attitudes among Low-Income Smoke-Exposed Pregnant Women: A Latent Class Growth Analysis. *Journal of Human Lactation*, 40(4): 593-601.
 16. Benitez TJ, Brown N, Marcus B, Sanchez A, **von Ash T**, Joseph RP. (2024) Promotion of muscle-strengthening activity among Latina and Black/African American women: A review of literature. *American Journal of Lifestyle Medicine*, 15598276241246734.
 17. **von Ash T**, Dunsiger SI, Williams DM, Larsen BA, Bohlen LC, Pekmezi D, Mendoza-Vasconez AS, Benitez TJ, Bock BC, Hartman SJ, Marquez B, Marcus BH. (2024). Pasos Hacia La Salud II: a superiority RCT. Utilizing technology to promote physical activity in Latinas. *American Journal of Preventive Medicine*, 67(2): 220-230.
 18. Bohlen LC, Dunsiger S, **von Ash T**, Larsen BA, Pekmezi DW, Marquez B, Benitez TJ, Mendoza-Vasconez A, Hartman SJ, Williams DM, Marcus BH. (2024). Pasos Hacia La Salud II: six-month outcomes of a randomized controlled trial of a theory- and technology-enhanced physical activity intervention for Latina women. *JMIR*, 26: e51708.
 19. Hswen Y, Moran AJ, **von Ash T**, Prasad S, Martheswaran T, Simon D, Cleveland LP, Brownstein JS, Block JP. (2023). The impact of the federal menu labeling law on the sentiment of Twitter discussions

- about restaurants and food retailers: an interrupted time series analysis. *Preventive Medicine Reports*, 36: 102478.
20. **von Ash T**, Alikhani A*, Sharkey KM, Solano P*, Aquino MM*, Risica PM. (2023). Associations Between Perinatal Sleepiness and Breastfeeding Intentions and Attitudes and Infant Feeding Behaviors and Beliefs. *Nutrients*, 15(15): 3435.
 21. Rabb K*, Alikhani A*, **von Ash T**, Risica PM. (2023). Examining Black Women's Breastfeeding Experiences in the United States: A Scoping Review of Qualitative Studies. *Maternal and Child Health Journal*, 1-16.
 22. **von Ash T**, Sanapo L, Bublitz MH, Bourjeily G, Salisbury A, Petrillo S*, Risica PM. (2023). A Systematic Review of Studies Examining Associations between Sleep Characteristics with Dietary Intake and Eating Behaviors during Pregnancy. *Nutrients*, 15(9): 2166.
 23. MacKinnon KM*, Risica PM, **von Ash T**, Scharf A, Lamy E. (2023). Barriers and Motivators to Women's Cancer Screening: A Qualitative Study of a Sample of Diverse Women. *Cancer*, 129(S19): 3152-3161.
 24. **von Ash T**, Huynh R*, Deng C*, White MA. (2023). Associations between Mukbang Viewing and Disordered Eating Behaviors. *International Journal of Eating Disorders*.
 25. Tovar A, Fox K, Gans KM, Risica PM, Papandonatos GD, Ramirez A, Gorin AA, **von Ash T**, Jennings E, Bouchard K, McCurdy K. (2023). Results from the Strong Families Start at Home/Familias Fuertes Comienzan en Casa: feasibility randomized control trial to improve the diet quality of low-income, predominantly Hispanic/Latinx children. *Public Health Nutrition*, 1-44.
 26. Risica PM, Karpowicz JM*, **von Ash T**, Gans KM, Cooksey Stowers K, Tovar A. (2022). Feeding and Activity Environments for Infants and Toddlers in Childcare Centers and Family Childcare Homes in Southeastern New England. *International Journal of Environmental Research and Public Health*, 19(15): 9702.
 27. Wanberg LJ, Thomas SJ, Reid M, Rottapel R, **von Ash T**, Jones N, Brar L, Beidas R, Rueschman M, Edwards RR, Buysse DJ, Redline S, Bertisch SM. (2022). Adapting Brief Behavioral Treatment for Insomnia for Former National Football League Players: A Pilot Study. *Behavioral Sleep Medicine*, 1-18.
 28. Gans KM, Tovar A, Kang A*, Ward DS, Cooksey Stowers K, **von Ash T**, Dionne L, Papandonatos GD, Mena N*, Jiang Q, Risica PM. (2022). A multi-component tailored intervention in family childcare homes improves diet quality and sedentary behavior of preschool children compared to an attention control: results from the Healthy Start-Comienzos Sanos cluster randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1): 1-18.
 29. Quante M, McGee GW, Yu X, **von Ash T**, Luo M, Kaplan ER, Rueschman M, Haneuse S, Davison KK, Redline S, Taveras EM. (2022). Associations of sleep-related behaviors and the sleep environment at infant age one month with sleep patterns five months later. *Sleep Medicine*, 94: 31-37.
 30. **von Ash T**, Alikhani A*, Lebron C, Risica PM. (2021). Racial/ethnic differences in maternal feeding practices and beliefs at 6-months postpartum. *Public Health Nutrition*, 25(12): 3445-3454.
 31. **von Ash T**, Risica PM, Tovar A, Gans KM. (2021). An Observational Assessment of Sleep Environments in Family Child Care Homes. *International Journal of Epidemiology and Public Health Research*, 1(5).
 32. Kang G*, Gans KM, **von Ash T**, Castagneri DA, Flanagan SD, Dionne LA, Tovar P, Risica PM. (2021). Physical Activity Levels among Preschool-Aged Children in Family Child Care Homes: A Comparison between Hispanic and Non-Hispanic Children Using Accelerometry. *Children*. 8(5): 349.
 33. Lo BK, Kang A*, Haneuse S, Yu X, **Ash T**, Redline S, Taveras EM, Davison KK. (2021). Changes in fathers' body mass index, sleep, and diet from pre to 12-months post birth: exploring the moderating roles of parenthood experience and coparenting support. *Annals of Behavioral Medicine*, 55(12): 1211-1219.
 34. Davison KK, Franckle RL, Lo B, **Ash T**, Yu X, Haneuse SJ, Redline S, Taveras EM. (2021). Infant sugar-sweetened beverage and 100% juice consumption: Racial/ethnic differences and links with fathers' consumption in a longitudinal cohort. *Preventive Medicine Reports*, 22: 101324.
 35. Yu X, Quante M, Rueschman M, **Ash T**, Kaplan ER, Guo N, Horan C, Haneuse S, Davison K, Taveras EM, Redline S. (2021) Emergence of racial/ethnic and socioeconomic differences in objectively measured sleep-wake patterns in early infancy: results of the Rise & SHINE study. *Sleep*, 44(3).

36. **Ash T**, Taveras EM, Redline S, Haneuse S, Quante M, Davison KK. (2021). Contextual and Parenting Factors Contribute to Shorter Sleep Among Hispanic/Latinx Compared to Non-Hispanic White Infants. *Annals of Behavioral Medicine*, 55(5): 424-435.
37. Quante M, Hong B, **Ash T**, Yu X, Kaplan ER, Rueschman M., Jackson C, Haneuse S, Davison K, Taveras EM, Redline S. (2020). Associations between parent-reported and objectively measured sleep duration and timing in infants at age 6 months. *Sleep*, 44(4).
38. **Ash T**, Best J*, Khandpur N, Redline S, Taveras EM, Davison KK. (2020). Racial/Ethnic Disparities in the Contextual Factors Influencing Infant Sleep: A Qualitative Study. *Sleep Medicine and Disorders: International Journal*, 4(2): 48-55.
39. Kang A*, **Ash T**, Tovar A, Gans KM, Minkel J, Mena N*, Risica PM. (2020). Exploring Parenting Contexts of Latinx 2-to-5-year-old Children's Sleep. *Journal of Pediatric Nursing*, 54: 93-100.
40. **Ash T**, Kang A*, Hom C*, Risica P. (2020). Association between sleep duration and differences between weekday and weekend sleep with body mass index & waist circumference among Black women in the SisterTalk II study. *Sleep Health*, 6(6): 797-803.
41. **Ash T**, Davison KK, Haneuse S, Horan C, Kitos N, Redline S, Taveras EM. (2019). Emergence of Racial/Ethnic Differences in Infant Sleep Duration in the First 6 Months of Life. *Sleep Medicine: X*, 100003.
42. Agaronov A, **Ash T**, Sepulveda M, Taveras EM, Davison KK. (2018). Inclusion of Sleep Promotion in Family-Based Interventions to Prevent Childhood Obesity. *Childhood Obesity*, 14(8): 485-500.
43. Young M, Gerber MW, Ash T, Horan CM, Taveras EM. (2018). Neighborhood Social Cohesion and Sleep Outcomes in the Native Hawaiian and Pacific Islander National Health Interview Survey. *Sleep*, 41(9).
44. Davison KK, Kitos N, Aftosmes-Tobio A, **Ash T**, Agaronov A, Sepulveda M, Haines J. (2018). The forgotten parent: Fathers' representation in family interventions to prevent childhood obesity. *Preventive Medicine*, 111: 170-176.
45. **Ash T**, Agaronov A, Young T, Aftosmes-Tobio A, Davison KK. (2017). Family-Based Childhood Obesity Prevention Interventions: A Systematic Review and Quantitative Content Analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1): 113.
46. **Ash T**, Taveras EM. (2017). Associations of short sleep duration with childhood obesity and weight gain: summary of a presentation to the National Academy of Science's Roundtable on Obesity Solutions. *Sleep Health*, 3(5): 389-392.
47. **Ash T**, Bowling A, Davison KK, Garcia J. (2017). Physical Activity Interventions for Children with Social, Emotional, and Behavioral Disabilities- A Systematic Review. *The Journal of Developmental & Behavioral Pediatrics*, 38(6): 431-445.
48. Singer AE, **Ash T**, Ochotorena C, Lorenz KA, Chong K, Shreve ST, Ahluwalia SC. (2016). A Systematic Review of Family Meeting Tools in Palliative and Intensive Care Settings. *The American Journal of Hospice & Palliative Care*, 33(8): 797-806.

5b. Conference presentations: (*Student/former student coauthor)

1. Bruni O, von Ash T, Minor K, Wiggs L, McMurray J. (October 2026). *Complex Systems and New Technology in Infant Sleep Research: From Family Dynamics to Global Contexts*. Symposium at the Sleep Europe. Maastricht, Netherlands.
2. von Ash T, Dunsiger S, O'hagan B*, Onu M, Gupta-Louis S, Benitez T, Marcus BH. (June 2026). *Sleep Moderated Intervention Efficacy in Two Randomized Controlled Trials Aimed at Increasing Physical Activity Among Inactive Latinas*. Oral presentation at SLEEP 2026. Baltimore, MD.
3. Chung A, von Ash T, Chung D, Seixas A, Jean-Louis G. *Feasibility and Acceptability Testing of a Digital Website Prototype to Promote Bedtime Routines in School-Aged Children*. Poster presentation at SLEEP 2026. Baltimore, MD.
4. Chung A, DesPortes K, von Ash T, Chung D, Seixas A, Jean-Louis G. *Usability testing of a Digital Behavioral Sleep Tool for Caregivers of School-Aged Children: Alpha and Beta testing of a Bedtime Routine Tool*. Poster presentation at SLEEP 2026. Baltimore, MD.
5. von Ash T, O'hagan B*, Dunsiger S, Marcus BH. (May 2026). *Youth sports as a setting for promoting physical activity among high-risk mothers: a pilot study*. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Cadiz, Spain.

6. O'hagan B*, **von Ash T**, Dunsiger S, Marcus BH. (April 2026). *Youth sports practices as a setting for physical activity promotion among mothers: results from a single-arm open pilot trial*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Chicago, IL.
7. O'hagan B*, Gupta-Louis S, Onu M*, **von Ash T**, Risica P. (April 2026). *A Focus Group Study Exploring Mindfulness and Healthy Behaviors among Black Women*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Chicago, IL.
8. Onu M*, Dunsiger S, Connell Bohlen L, Murphy C, **von Ash T**, Williams D. (April 2026). *Moderators of Effects of Adjunctive Exercise on Smoking Cessation Among Women: The Role of Socioeconomic Status*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Chicago, IL.
9. Owens J, **von Ash T**, Wiggs L, Suh S, Breda M, Lloyd R. (April 2026). *Leveraging Autovideosomnography Technology to Understand Family Influences on Infant Sleep*. Symposium at the International Pediatric Sleep Association. Florence, Italy.
10. Prieto G*, Gupta S, Raisman N, Dellucci TV, **von Ash T**. (November 2025). *Mothers Getting (Motivation) in Shape: Family-Level Influences on Physical Activity*. Poster presentation at the Association for Behavioral and Cognitive Therapies Annual Convention. New Orleans, LA.
11. Thorpe K, McKenzie K, Li H, **von Ash T**, Staton S. (September 2025). *Children's Sleep in Context: the role of social, economic, and educational policy and practice in early sleep development*. Symposium at the World Sleep 2025 Congress. Suntec, Singapore.
12. O'hagan B*, Chmielewski S*, Raisman N*, **von Ash T**. (April 2025). *Childcare provider self-reported practices during naptime: A qualitative study*. Poster presentation at the Rhode Island Public Health Association Public Health Summit. Providence, RI.
13. Gupta-Louis SK, O'Hagan B*, Raisman N*, Prieto G*, Onu MC*, Marcus BH, **von Ash T**. (June 2025). *A Content Analysis of a Community-Based Physical Activity Intervention*. Oral presentation at the Society for the Psychological Study of Social Issues Conference. Portland, OR.
14. Gupta S, **von Ash T**, Pekmezi D, Benitez T, Marcus B. (March 2025). *Let's Get In Formation: Formative Research on Intersectionality in Physical Activity Interventions*. Symposium at the Society of Behavioral Medicine Annual Meeting. San Francisco, CA.
15. O'hagan B*, **von Ash T**. (March 2025). *Sleep promotion strategies in childcare settings: A systematic review*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. San Francisco, CA.
16. **von Ash T**, Choy CC*, Dunsiger S, Soti-Ulberg C, Wang D, Reupena MS, Duckham RL, Naseri T, Hawley NL. (June 2024). *Sleep duration among Samoan children: a descriptive study of behavioral and sociodemographic correlates*. Poster presentation at SLEEP 2024. Houston, TX.
17. O'hagan B*, **von Ash T**. (June 2024). *Center-based Childcare Attendance and Sleep in Children under Six Years Old: A Systematic Review*. Poster presentation at SLEEP 2024. Houston, TX.
18. **von Ash T**, Dunsiger S, Marcus BH. (March 2024). *Enhancing a technology-based intervention to further increase physical activity among Latinas: results from a superiority RCT*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Philadelphia, PA.
19. Driscool B*, **von Ash T**, Sharkey KM. (October 2023). *Mothers' Early Postpartum Sleep Disruption Predicts Later Reports of Sleep Problems in Offspring*. Poster presentation at Association of Medicine and Psychiatry Annual Meeting. Milwaukee, WI.
20. **von Ash T**, Alikhani A*, Sharkey KM, Solano P*, Morale Aquino M*, Risica PM. (June 2023). *Exploring the Relationship Between Maternal Sleepiness During and After Pregnancy with Breastfeeding Intentions, Attitudes, and Subsequent Infant Feeding Behaviors*. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Uppsala, Sweden.
21. St Fleur R*, Alikhani A*, **von Ash T**, Risica PM. (April 2023). *Bidirectional Associations between Smoking and Breastfeeding among Low-Income Smoke-Exposed Women: A Cross-Lagged Model*. Oral presentation at the Society of Behavioral Medicine Annual Meeting. Phoenix, AZ.
22. Risica PM, Tovar A, Karpowicz J*, **von Ash T**, Cooksey-Stowers K, Gans K. (June 2022). *Nutrition and Physical Activity Environments for Infants and Toddlers in Family Childcare Homes and Centers*. Oral presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Uppsala, Sweden. Phoenix, AZ.

23. **von Ash T**, Onuoha E*, Healy A*, Yan Y*. (April 2022). *Associations between weight status, physical activity and fruit, vegetable & soft drink consumption among African adolescents*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Baltimore, MD.
24. **McGlinchey B***, Person A*, Yerneni P*, Yan Y*, **von Ash T**. (April 2022). *Examining differences in adolescent sleep across racial/ethnic groups and potential contributing factors, 2019 YRBSS*. Oral presentation at the Society of Behavioral Medicine Annual Meeting. Baltimore, MD.
25. **Alikhani A***, **von Ash T**, Risica PM. (April 2022). *The Relationship between Maternal Feeding Beliefs, Practices and Methods at 6-Months Among Smoke-Exposed Mothers*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Baltimore, MD.
26. **Risica PM**, Alikhani A*, **von Ash T**. (April 2022). *Breastfeeding attitudes, barriers, initiation and cessation among smoking and smoke exposed women*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Baltimore, MD.
27. **St Fleur R***, Alikhani A*, Dunsiger S, **von Ash T**, Risica PM. (April 2022). *Trajectories of Thoughts and Attitudes Towards Breastfeeding among Low-Income Smoke Exposed Pregnant Women: A Mixture Model*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Baltimore, MD.
28. **Ash T**, Alikhani A*, Lebron C, Risica PM. (April 2021). *Differences in Maternal Feeding Practices and Beliefs Across Race/Ethnicity at 6-Months Postpartum*. Oral presentation at the Society of Behavioral Medicine Annual Meeting. Virtual Meeting due to Covid-19.
29. **Lo BK**, Kang A*, Haneuse S, Yu X, **Ash T**, Redline S, Taveras EM, Davison KK. (November 2020). *BMI, Sleep and Diet Changes in the First Year of Fatherhood: First-time vs Experienced Fathers*. Poster presentation at Obesity Week, hosted by The Obesity Society (TOS). Virtual Meeting due to Covid-19.
30. **Driscoll B***, **Ash T**, Sharkey K. (August 2020). *Associations Between Rest-Activity Patterns in the Mother-Child Dyad*. Poster presentation at Sleep 2020. Virtual Meeting due to Covid-19.
31. **Puravath F**, **Ash T**, Rottapel R, Spadola C, Bertisch S. (August 2020). *Voice of the Patient: A Patient-Centered Exploration of Factors Influencing Obstructive Sleep Apnea Care*. Poster presentation at Sleep 2020. Virtual Meeting due to Covid-19.
32. **Gans KM**, Tovar A, Mena N*, Kang A*, Cooksey-Stowers K, Dionne L, Mello J, Jiang Q, **Ash T**, Risica P. (June 2020). *A Novel Obesity Prevention Intervention Improves Diet Quality and Sedentary Behavior of 2-5 Year Old Children Cared for in Family Childcare Homes: Results from the Healthy Start/Comienzos Sanos Trial*. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Virtual Meeting due to Covid-19.
33. **Ash T**, Risica P. (April 2020). *An Observational Assessment of the Sleep Environment in Family Child Care Homes*. Oral presentation at the Society of Behavioral Medicine Annual Meeting. Virtual Meeting due to Covid-19.
34. **Ash T**, Kang A*, Hom C, Risica P. (November 2019). *Sleep duration and pattern are independently associated with body mass index & waist circumference among a sample of Black women in SisterTalk II*. Oral presentation at the American Public Health Association Annual Meeting. Philadelphia, PA.
35. **Kang A***, Gans K, **Ash T**, Castagneri D, Flanagan S, Dionne L, Tovar A, Risica PM. (November 2019). *Examination of ethnic differences in accelerometer-measured physical activity levels among preschool-aged children in family child care homes*. Poster presentation at the American Public Health Association Annual Meeting. Philadelphia, PA.
36. **Davison, KK**, Haneuse S, **Ash T**, Redline S, Taveras E. (March 2019). *Paternal influences on children's sugar sweetened beverage consumption at ages 6 and 12 months*. Oral presentation at Healthy Eating Research, hosted by the Robert Wood Johnson Foundation. Detroit, MI.
37. **Ash T**, Taveras E, Redline S, Davison KK. (March 2019). *Later Bedtimes Explain Racial/Ethnic Differences in Infant Sleep Duration*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Washington, D.C.
38. **Ash T**, Taveras E, Redline S, Davison KK. (November 2018). *Sleep Disparities: Examining the Emergence of Racial/Ethnic Differences in Sleep in Early Life*. Poster presentation at Obesity Week, hosted by the American Society for Metabolic & Bariatric Surgery (ASMBS) and The Obesity Society (TOS). Nashville, TN.
39. **Young M**, **Ash T**, Gerber MW, Horan CM, Taveras EM. (October 2017). *Predictors of Short Sleep &*

- Relationship with Obesity in US Native Hawaiian/Pacific Islanders*. Submitted abstract to Obesity Week, hosted by the American Society for Metabolic & Bariatric Surgery (ASMBS) and The Obesity Society (TOS). Washington, D.C.
40. **Ash T**, Bowling A, Davison KK, Garcia J. (June 2017). *Physical Activity Interventions for Children with Social, Emotional, and Behavioral Disabilities- A Systematic Review*. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Victoria, B.C., Canada.
 41. **Ash T**, Agaronov A, Young T, Aftosmes-Tobio A, Davison KK. (November 2016). *Family-based interventions to prevent childhood obesity: a quantitative content analysis*. Poster presentation at Obesity Week, hosted by the American Society for Metabolic & Bariatric Surgery (ASMBS) and The Obesity Society (TOS). New Orleans, LA.
 42. **Agaronov A**, **Ash T**, Sepulveda M, Young TD, Taveras EM, Davison KK. (April 2016). *Integration of Sleep Promotion into Family-Based Interventions to Prevent Childhood Obesity: A Systematic Review*. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Washington, D.C.
 43. **Ash T**, Agaronov A, Young T, Aftosmes-Tobio A, Davison KK. (March 2016). *Family-based Obesity Prevention Interventions: Who and What Has Been Missing*. Poster presentation at Northeast Scientific Training (NEST) Program Regional Symposium. Woods Hole, M.A.
 44. **Ash T**, Espinoza L, Juvonen J. (May 2010). *Multiethnic students experience increased feelings of peer victimization and decreased school safety than their single ethnicity counterparts*. Poster presentation at Psychology Undergraduate Research Conference (PURC). Los Angeles, C.A.

5c. Invited talks: (*Student/former student co-presenter)

1. von Ash T. (January 2025). *Exploring the influence of parent & sibling schedules on infant sleep*. Nanit Lab Symposia. Virtual talk.
2. Ohagan B & von Ash T. (October 2025). *Child Sleep*. Business Owners in Childcare Association. Rhode Island. Virtual talk.
3. von Ash T. (December 2024). *Pediatric Sleep Health: Home and Daycare Settings*. Center for Early Childhood Health and Development – Research Town Hall. Department of Population Health. NYU Langone Health. Virtual talk.
4. von Ash T. (September 2024). *Moms on the Move Preliminary Findings*. Legorreta Cancer Center Annual Membership Retreat. Brown University. Providence, RI.
5. von Ash T. (April 2024). *Assessing and Intervening on Child Sleep Environments: Opportunities for Collaboration*. STEM Jazz. Brown University. Providence, RI.
6. von Ash T, Gamble, SP, Tobin-Tyler L. (April 2024). *Women's Health Justice Circle*. Office of Diversity, Equity and Inclusion. Brown University School of Public Health. Providence, RI.
7. von Ash T. (February 2024). *Design and preliminary findings of an innovative intervention to promote physical activity among mothers*. Department of Social and Behavioral Sciences. Yale School of Public Health. New Haven, CT.
8. von Ash T, Jimenez-Colon G, McQuaid Elizabeth. (February 2024). *Recruiting Diverse Populations*. Department of Psychiatry and Human Behavior. Brown University. Virtual talk.
9. von Ash T. (February 2024). *Feasibility, acceptability, and preliminary efficacy of an innovative physical activity intervention delivered to mothers during their children's sports practices*. Advance Rhode Island Clinical & Translational Research. Virtual talk.
10. von Ash T. (November 2023). *Racial/Ethnic and Socioeconomic Obesity and Related Disparities*. Unit for Biocultural Variation and Obesity, University of Oxford. Virtual talk.
11. von Ash T, Barbosa S, Daluz A, Moreira ED, Santana A. (March 2023). *Powerful Kriolas*. 10 Rocks. Pawtucket, RI.
12. von Ash T. (April 2021). *Sleep- An Often Overlooked Risk Factor for Obesity*. Penn Research Seminar Series. Center for Weight and Eating Disorders. Perelman School of Medicine, University of Pennsylvania. Virtual lecture due to Covid-19.
13. von Ash T, Beckerman-Hsu J, Figueroa R, Tran A. (December 2021). *Pathways from a Doctoral Degree to the Workforce*. Boston College School of Social Work. Virtual talk.
14. von Ash T, Dulin A, Carey K. (March 2021). *Building and Leading Inclusive Research Teams*. Initiative to Maximize Student Development. Brown University. Virtual talk.

15. von Ash T. (March 2021). *A Crash Course on Nutrition and Global Health*. PHP0700: Global Public Health Interventions. Brown University, Department of Behavioral and Social Sciences. Providence, RI.
16. von Ash T, Emerson J, Harold L. (April 2020). *Post-doc Career Panel*. Behavioral and Social Health Sciences. Department of Behavioral & Social Sciences. Brown University School of Public Health. Virtual talk.
17. Ash T. (April 2020). *Sleep as a Contributing Factor to Obesity*. PHP1600: Obesity in the 21st Century: Consequences, Causes, and Countermeasures. Brown University, Department of Behavioral and Social Sciences. Providence, RI.
18. Ash T. (September 2019). *Sleep and Childhood Obesity: Current Research and Future Directions*. Emerging Luminaries in Nutrition, Exercise, and Metabolism Symposium. Indiana University, School of Public Health. Bloomington.
19. Ash T. (September 2018). *Investigating Infant Sleep Disparities in the Context of Childhood Obesity*. NFS511: Seminar in Nutrition and Food Science. University of Rhode Island, Department of Nutrition and Food Sciences. Kingston, RI.
20. Ash T. (October 2017). *Counting Sheep. How insufficient sleep impacts health and increases obesity risk*. HSC5320: Foundations of Chronic Disease Prevention and Health Promotion. Merrimack College, Health Sciences Department. North Andover, MA.
21. Ash T, (July 2017). *Sleep & Health—theories, benefits, consequences, disparities, and tips*. Child & Family. Newport, RI.
22. Ash T, (July 2017). *The Problem of Childhood Obesity—consequences, risk factors, and combat strategies*. Child & Family. Newport, RI.

5d. Works under review: Details available upon request

5e. Works in progress: Details available upon request

6. Research funding:

6a. Current research grants:

- | | |
|-----------|---|
| 2024-2026 | Brown University. Legorreta Cancer Center Pilot Award. \$29,137.
Title: Mixed methods research to inform the adaption of a technology-based physical activity promotion intervention to better meet the needs of Latina mothers
Role: PI |
| 2023-2026 | NIDDK. R01DK131940. \$973,346.
Title: Healthy Start: An innovative, multi-level intervention with family childcare providers and families to improve the dietary behaviors of preschool children
Role: Co-I (MPIs: Tovar A, Gans K, Risica P) |
| 2023-2028 | NICHD. R01HD108832. \$2,878,013.
Title: Strong Families Start at Home/Familias Fuertes Comienzan en Casa: A Novel Video and Motivational Interviewing Intervention to improve diet quality of preschool aged children
Role: Co-I (PI: Tovar A) |

6b. Completed research grants:

- | | |
|-----------|--|
| 2024-2029 | NIMHD. R01MD019281. \$3,480,630.
Title: Leveraging youth sports practices to increase physical activity among racial and ethnic minority mothers
Role: PI
*Terminated April 2025 |
|-----------|--|

- 2023-2024 **NIGMS**. Advance Rhode Island Clinical Translational Research. \$119,576.
Title: Pilot testing an innovative physical activity intervention for parents attending their children's sport practices
Role: PI (MPI: Marcus B)
- 2023-2024 **NHLBI**. PRIDE program in Behavioral Sleep Medicine Small Research Project. \$23,588.
Title: Development and initial validation of a comprehensive instrument and protocol to assess the childcare sleep environments of preschool-age children and sleep-related provider practices
Role: PI
- 2022-2023 **Brown University**. Mindfulness Center Pilot Award. \$17,500
Title: SisterTalk Mindfulness
Role: Co-I
PI: Risica P
- 2020-2023 **NCI**. Diversity Supplement on R01CA159954. \$446,473.
Title of R01: Promoting Physical Activity in Latinas via Interactive Web-based Technology
Role: PI of supplement (PI of parent grant: Marcus B)
- 2019-2020 **Brown University**. Hassenfeld Child Health Innovation Institute. \$25,000.
Title: Sleep, Stress, Depressive Symptoms and Other Determinants of Infant Feeding
Role: Co-I (PI: Risica P)
- 2016-2018 **NIDDK**. Diversity Supplement on R01DK107972. \$129,056.
Title of R01: Infant Sleep Patterns and Accelerated Growth Trajectories from Birth to 24 months
Role: PI of supplement (PIs of parent grant: Taveras E, Davison K, Redline S)

6c. Other individually awarded research support:

- 2025-2027 **NIMHD**. L60MD016686. \$19,327.
Title: Leveraging youth sports practices to increase physical activity among high-risk mothers
Role: PI
- 2024-2029 **NHLBI**. K01HL169417. \$809,653.
Title: Design, Implementation and Evaluation of a Technology-Based Sleep Parenting Intervention for Pregnant Hispanic Women: A Pilot Study
Role: PI
*Declined September 2024 to accept R01MD019281
- 2023-2025 **NIMHD**. L60MD016686. \$56,835.
Title: Innovative Interventions to Promote Sleep and Physical Activity in Racial/Ethnic Minority Families
Role: PI
- 2021-2023 **NIMHD**. L60MD016686. \$76,170.
Title: Assessing and intervening on maternal psychosocial factors and parenting to improve sleep outcomes among Latinx infants
Role: PI
- 2021-2022 **Brown University**. Center for the Study of Race and Ethnicity in America. \$3,500.

- 2019-2020 **Brown University.** Office of Institutional Equity & Diversity. \$2,500.
- 2018-2020 **Brown University.** Presidential Diversity Postdoctoral Fellowship. \$114,000.

7. *Service:*

7a. *Service to the University:*

- 2025-present Behavioral & Social Sciences Faculty Search Committee, Equal Employment Opportunity Representative
- 2023-present Behavioral & Social Sciences Doctoral Admissions Committee
- 2023-present Bridge Educational and Athletic Relationships Liaison
- 2023-present Behavioral & Social Sciences Diversity and Inclusion Action Plan Committee
- 2023-2025 Brown Initiative to Maximize Student Development Selection Committee
- 2020-2025 Public Health undergraduate concentration advisor
- 2020-2024 Undergraduate Studies Committee
- 2020-2023 Behavioral & Social Sciences Antiracism Working Group - Research

I have served as an MPH thesis advisor and reader, as well as an undergraduate capstone advisor. I have also supervised research assistantships for 4 MPH Health Equity Scholars, mentored more than a dozen undergraduates through the UTRA/SPRINT program, and welcomed my first doctoral student (primary advisor) August 2023 and second (secondary advisor) August 2024. Further, I regularly engage in service through shorter term commitments such as being a judge for Public Health Research Day, facilitating workshops, and presenting to students via journal club or panels.

7b. *Service to the profession:*

- 2026 NIH study section – Health Promotion in Communities (January 2026)
- 2025 National Medical Research Council of Singapore grant reviewer (October 2025)
- 2025 Cancer Research Trust of New Zealand grant reviewer (October 2025)
- 2025 NIH study section – Health Promotion in Communities (June 2025)
- 2024-present Editorial Board, *International Journal for Behavioral Nutrition and Physical Activity*
- 2024-present Rhode Island Department of Health Breastfeeding Strategic Planning Advisory Group
- 2023-present Society for Behavioral Medicine Diversity Institute for Emerging Leaders Committee
- 2022-2023 Society for Behavioral Medicine Child & Family Special Interest Group Webinar Planning Committee
- 2023 Society for Behavioral Medicine abstract reviewer
- 2022-2023 Guest Editor, *Nutrients*
- 2022 NIH study section – Cancer, Heart, and Sleep Epidemiology Panel A, June 2022

I also review for a half dozen journals each year including *Sleep Health*, *Behavioral Sleep Medicine*, *Pediatrics*, *Pediatric Obesity*, *Journal of Psychiatric Research*, and *Frontiers in Sleep*.

8. *Academic honors and awards:*

- 2022-2023 NIH Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Scholar - Behavioral Sleep Medicine
- 2020 Society of Behavioral Medicine Diversity Institute for Emerging Leaders
- 2020 Society for Research on Biological Rhythms TYDE Fellowship Trainee and Young Faculty Diversity Enhancement fellowship
- 2020 Society of Behavioral Medicine Diversity Institute for Emerging Leaders
- 2019 Indiana University Emerging Luminary in Nutrition, Exercise and Metabolism
- 2017-2018 Harvard Chan School of Public Health Nutrition Department Travel Award
- 2017 Harvard Chan School of Public Health Department of SBS Travel Award
- 2015-2018 Harvard University Harold A. Berry Scholarship Fund

2014-2015	Harvard University Charles H. Smith Bequest '47
2014	Ethnic Diversity Task Force Scholarship
2013	Thomas Rubin '83 & Nina Russell '86 Global Health Fund Recipient
2012-2014	Yale University Alumni Scholarship Fund
2012-2014	National Education Fund Scholarship
2012	Yale School of Public Health Student Spotlight
2011	Chancellor's Service Award
2009-2010	UCLA Psychology Research Opportunity Program Scholarship Recipient
2008-2011	UCLA Dean's Honor List
2007-2011	UCLA UBAA Legacy Scholarship
2007-2008	College Board Academic Promise Scholarship
2007-2008	UCLA Alumni Association Out-of-State Scholarship

9. *Teaching and advising:*

Fall 2025-Spring 2026: Teaching PHP1300: Parenting Behaviors and Child Health both semesters. Advising Belinda O'hagan (3rd year PhD student; primary), Michael Onu (2nd year PhD student; secondary). Advisor for 1 MPH thesis.

Fall 2024-Spring 2025: Advised Belinda O'hagan (2nd year PhD student; primary), Michael Onu (1st year PhD student; secondary), and advising an undergraduate thesis.

Fall 2023-Spring 2024: Teaching PHP1300: Parenting Behaviors and Child Health both semesters. Advising Belinda O'hagan (1st year PhD student; primary) and 16 undergraduate public health concentrators. Advised an undergraduate capstone project and was a reader for an MPH thesis.

Fall 2022-Spring 2023: Taught PHP1300: Parenting Behaviors and Child Health during the spring. Advised 16 undergraduate public health concentrators. Advised an MPH thesis, MPH Health Equity Scholar, and undergraduate capstone project.

Fall 2021-Spring 2022: Taught PHP1300: Parenting Behaviors and Child Health during the fall. Advised 14 undergraduate public health concentrators. Advised an MPH Health Equity Scholar.

Fall 2020-Spring 2021: Taught PHP1100: World of Food during the summer. Also taught CEPC0802: Food for Thought: Personal to Global Perspectives on Nutrition for the Pre-College Program. Advised 14 undergraduate public health concentrators. Reader for 2 MPH theses.

Fall 2019-Spring 2020: Taught SARHS463: Global Health: Beyond Germs and Genes at Boston University during the spring and PHP1100: World of Food during the summer.

Fall 2018-Spring 2019: Co-taught PHP1100: World of Food during the summer.

I also routinely supervise and mentor postdocs, graduate students, and undergraduate students on formal and informal research experiences.