

# Jennifer Marie Sacheck, Ph.D., FACSM

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## Education

- 1994 B.S. Honors Program in Biology, Syracuse University, Syracuse, NY  
1997 M.S. Exercise Science, University of Massachusetts, Amherst, MA  
Thesis: *The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance-trained female athletes*  
2001 Ph.D. Nutrition Science, Tufts University, Boston, MA  
Dissertation: *The effect of vitamin E and exercise-induced muscle damage on the acute phase response, oxidative stress and DNA damage in young and elderly men*

## Postdoctoral Training

- 2001-2005 Research Fellow in Cell Biology, Harvard Medical School, Boston, MA  
Research focus: *Mechanisms underlying muscle atrophy*

## Professional Employment

### Academic Appointments

- 2018- Sanofi Professor of Prevention and Wellness, Chair, Department of Exercise and Nutrition Sciences, Milken Institute of Public Health, The George Washington University (tenured)  
2015-2017 Co-director, Program in Nutrition Interventions, Communication and Behavior Change, Tufts University, Friedman School of Nutrition Science and Policy (FSNSP)  
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, Tufts University, FSNSP  
2007-2012 Affiliated Scientist, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), Tufts University  
2005-2012 Assistant Professor, Tufts University, FSNSP, John Hancock Research Center on Physical Activity, Nutrition and Obesity Prevention  
2001-2005 Post-doctoral Research Fellow, Department of Cell Biology, Harvard Medical School

### Other Non-Academic Positions

- 2000-2009 Certified Strength and Conditioning Specialist, National Strength and Conditioning Association  
1998-2001 Clinical Study Coordinator, Jean Mayer USDA HNRCA, Tufts University  
1996-1997 Research Assistant/Clinical Trial Recruiter, University of Massachusetts-Amherst, Department of Exercise Science  
1995-1997 Graduate Assistant/Women's Varsity Rowing Coach, University of Massachusetts-Amherst, Department of Athletics  
1994-1995 Coaching Intern, Women's Rowing Coach Radcliffe College, Harvard University Department of Athletics

## Awards and Honors

2015	Rowing Hall of Fame Inductee, Syracuse University Alumni Rowing Association
2015	Academic Leadership Training Program, Tufts University
2013	Fellow, American College of Sports Medicine
2010	Tisch College Faculty Fellows Program, Tufts University
2007	Faculty Fellow, Tufts University Center for the Enhancement of Learning and Teaching
2003	NIH-F32 Ruth L. Kirschstein National Research Service Award
2001	Exercise Physiology Research Award, <i>American Physiological Society</i>
1998	Dorothy Harris Endowed Scholarship, <i>Women's Sports Foundation</i>
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: <i>The Limits of Human Performance: A Biological Perspective</i> , Greece
1994	Syracuse University Scholar Athlete of the Year
1993	Academic All-American, <i>Syracuse University &amp; USRowing</i>

## Major Research Interests

My research interests lie at the intersection of nutrition, physical activity, and health promotion with a specific focus on health disparities. I was initially drawn to this field through my early studies in muscle physiology and more recently through obesity and chronic disease prevention research which has spanned basic science to community-based work. Current research studies include how nutrition, physical activity, and fitness impact health outcomes such as cardiometabolic risk and cognitive health among underserved youth. I continue to be interested in pursuing projects that involve policies and programs that promote optimal nutrition, physical activity, and physiological health and well-being across the lifespan.

## Grants Awarded/Pending

### *Current Support*

1. NIH-NICHD R01 \$2,354,328	Sacheck (PI)	10/1/14 – 12/31/18
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### *Understanding the impact of school-based physical activity programs*

2. Newman's Own Foundation \$650,000	Sacheck (PI)	12/1/14 - 9/30/18
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### *Evaluation of the collective impact of innovative programs targeting food access across the United States*

3. Tufts Collaborates Grant \$50,000 Role: Co-Investigator	Fiery (PI)	7/1/17-6/30/18
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### *Understanding Dietary Behaviors in Middle Childhood: The Role of Autonomy, Health Literacy, and Food Literacy*

4. CRO KL2 Scholar Award \$250,000 Role: Mentor	Sylvetsky (PI)	6/1/18 – 5/31/20
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*Investigating withdrawal symptoms as a barrier to reducing sugar-sweetened beverage consumption among children with obesity*

*Pending*

1. NIH R21/R33 Sacheck/Hennessy (multi-PI) 9/1/18-8/31/23  
*SPLASH - Supporting Physical Literacy and Activity at School and Home*
2. NIH R01 Sacheck/Visek (multi-PI) 7/1/19-6/30/23  
*The PLAYSport Initiative: Understanding Reaching, Engaging, and Keeping Schoolchildren in Afterschool Sport Programming*

**Grants Concluded**

1. The Boston Foundation Sacheck (PI) 7/1/15 – 12/31/17  
\$125,000  
*Fitness and school health in Boston-area urban schoolchildren*
2. The Boston Foundation Sacheck (PI) 4/1/15-6/30/17  
\$100,000  
*Impact of physical activity on children's classroom behavior*
3. NIH-NHLBI R01 Sacheck (PI) 6/1/11 - 11/30/15  
\$3,163,000  
*Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren*
4. Harvard Pilgrim Healthcare Foundation Economos (PI) 4/1/12 - 3/31/15  
\$1,468,401  
Role: Co-Investigator  
*Healthy kids out of school*
5. Tufts Innovates Grant Sacheck (PI) 7/1/14 - 6/30/15  
\$14,601  
*Active learning in an active classroom*
6. New Balance Foundation Sacheck (PI) 2/1/14 – 12/31/14  
\$11,000  
*Physical activity assessment in Massachusetts*
7. The Boston Foundation Sacheck (PI) 1/1/14 - 12/31/14  
\$175,000  
*Moving to academic success in Lawrence*
8. NIH-ODS Sacheck (PI) 6/1/10 - 11/30/14  
\$141,136  
*Impact of vitamin D supplementation on cardiometabolic risk in schoolchildren - supplement*
9. Nestec, Ltd. Fielding (PI) 10/9/10 - 9/30/14  
\$1,826,365  
Role: Co-Investigator  
*Efficacy of nutritional supplementation on physical-activity mediated changes in physical functioning older adults at risk for mobility disability (VIVE2 Study)*
10. Nestec, Ltd. Folta (PI) 12/1/09 - 6/30/13  
\$1,836,000  
Role: Co-Investigator  
*Exercise and nutrition field trial for frail elders (VIVE1 Study)*

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| 11. American Heart Association<br>Scientist Development Grant<br>\$198,000   | Sacheck (PI)  | 7/1/08 - 6/30/11  |
| <i>Impact of physical fitness and overweight on inflammation in school-aged children</i>   |               |                   |
| 12. Harvard Pilgrim Health Care Foundation<br>\$136,644  | Sacheck (PI)  | 12/1/09 - 8/31/10 |
| <i>Developing a picture of school food service in MA, ME, &amp; NH: A case study of successful "outliers"</i>  |               |                   |
| 13. California Raisin Marketing Board<br>\$80,941  | Sacheck (PI)  | 9/1/07 - 5/31/09  |
| <i>The effect of a high antioxidant snack on sustained energy and stress in children</i>   |               |                   |
| 14. Harvard Pilgrim Health Care Foundation<br>\$150,000<br>Role: Co-Investigator   | Goldberg (PI) | 9/1/07 - 3/1/08   |
| <i>The childhood obesity epidemic: Tipping the scales in favor of our children</i>   |               |                   |
| 15. Tufts University Obesity Research Seed Grant<br>\$10,000   | Sacheck (PI)  | 3/1/06 - 3/1/07   |
| <i>Obesity-related metabolic stress and its impact on immunity in children</i>   |               |                   |
| 16. NIH/NIAMS - F32<br>\$84,735  | Sacheck (PI)  | 2/1/03 - 1/31/05  |
| <i>Muscle gene expression following denervation and disuse</i>   |               |                   |
| 17. LifeFitness<br>\$2,500   | Sacheck (PI)  | 4/1/99 - 4/1/01   |
| <i>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</i> |               |                   |
| 18. American College of Sports Medicine<br>\$5,500   | Sacheck (PI)  | 4/1/99 - 4/1/01   |
| <i>Effect of age and vitamin E on exercise-induced oxidative stress</i>  |               |                   |
| 19. Women's Sports Foundation<br>\$5,000   | Sacheck (PI)  | 1/1/96 - 12/31/96 |
| <i>The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes</i>                                   |               |                   |
| 20. Gatorade Sports Science Institute<br>\$1,000   | Sacheck (PI)  | 1/1/96 - 12/31/96 |
| <i>The effect of diet on plasma levels of vitamin E in response to oxidative stress in endurance trained female athletes</i>                                   |               |                   |
| <i>Completed Other</i>   |               |                   |
| 1. JPB Foundation<br>\$2,000,000<br>Role: Co-Investigator  | Economos (PI) | 1/1/13 - 3/31/17  |
| <i>Childhood obesity 180 initiative</i>  |               |                   |

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| 2. | New Balance Foundation<br>\$5,000,000<br>Role: Co-Investigator<br><i>Children in balance</i>   | Economos (PI) | 11/1/04 - 12/31/13 |
| 3. | John Hancock Financial Services, Inc.<br>\$5,000,000<br>Role: Co-Investigator<br><i>John Hancock center for Physical Activity, Nutrition, and Obesity Prevention</i> | Nelson (PI)   | 7/1/03 - 6/30/13   |
| 4. | The Rosenberg Foundation<br>\$50,000<br>Role: Co-Investigator<br><i>The Tufts longitudinal health study</i>  | Economos (PI) | 3/1/07 - 12/31/07  |
| 5. | Major League Soccer<br>\$20,000<br>Role: Co-Investigator<br><i>Healthy half-time snacks</i>  | Economos (PI) | 1/01/07 - 12/31/07 |

## Publications

### Refereed Papers

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. DOI: 10.1046/j.1523-5408.1999.00087.x.
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. **Sacheck, J.M.**, J.K. Hyatt, A. Raffaello, R.T. Jagoe, R.R. Roy, V.R. Edgerton, S.H. Lecker, A.L. Goldberg. Rapid disuse and denervation atrophy involve similar transcriptional changes as muscle wasting during systemic diseases. *FASEB J.* 21(1):140-55, 2007. PMID: 17116744.
12. Economos, C.E., **J.M. Sacheck**, K. Shea, W. Wacker, E. Naumova. Precision of Lunar Achilles+ bone quality measurements: time-dependency and multiple machine use in field studies. *Brit J Radiol*, 80(959):919-25, 2007. PMID: 17875599.
13. Economos, C.E., **J.M. Sacheck**, K.K.H. Chui, L. L. Irizzary, J. Guillemont, J.J. Collins, R.R. Hyatt. School-based behavioral assessment tools are reliable and valid for measurement of fruit and vegetable intake, physical activity and television viewing in young children. *J Amer Diet Assoc.* 108(4): 695-701, 2008. PMID: 18375228.
14. **Sacheck, J.M.** Pediatric obesity: An inflammatory condition? *JPEN.* 32(6):633-37, 2008. PMID: 18974243.
15. **Sacheck, J.M.**, J. Kuder, C.D. Economos. Physical fitness, adiposity, and metabolic risk factors in young college students. *Med Sci Sports Exerc.* 42(6):1039-1044, 2010. PMID: 19997014.
16. Economos, C.D., K. Shea, E. Hennessy, **J.M. Sacheck**, E. Naumova. Reliability and validity of a physical activity survey for early elementary school children. *BMC Musculoskelet Disord.* 31(11):195, 2010.
17. Kafka T., S. Folta, C.D. Economos, **J.M. Sacheck**. Children as subjects in nutrition research: a retrospective look at their perceptions. *J Nutr Educ Behav.* 43(2):103-9, 2011. PMID: 21392713.
18. **Sacheck, J.M.**, T. Nelson, L. Ficker, T. Kafka, J. Kuder, C.D. Economos. Physical activity during soccer and its contribution to physical activity recommendations in normal weight and overweight children. *Pediatr Exerc Sci.* 23:281-292, 2011. PMID: 21633140.
19. Fay, K., C.D. Economos, R.M. Lerner, A.E. Becker, **J.M. Sacheck**. Relations between sports participation and eating disorders among late adolescent males and females. *Eat Weight Disord-ST.* 16:e102-11, 2011.
20. **Sacheck, J.M.**, E. Goodman, K. Chui, V. Chomitz, A. Must, C. Economos. Vitamin D deficiency, adiposity, and cardiometabolic risk in urban schoolchildren. *J Pediatr.* 159(6):945-950, 2011. PMID: 3586426.
21. Hruby, A., V. Chomitz, L.N. Arsenault, A. Must, C.D. Economos, R. McGowan, **J.M. Sacheck**. Predicting maintenance or achievement of healthy weight in children: the impact of changes in physical fitness. *Obesity.* 20(8):1710-7, 2012. PMID: 4465563.
22. **Sacheck, J.M.**, E. Morgan, P. Wilde, T. Griffin, E. Nahar, C.D. Economos. Key strategies for improving school food service programs: a case study of three New England food service innovators. *JCNM.* 36(1), 2012.
23. Au, L.E., C.D. Economos, E. Goodman, A. Must, V.R. Chomitz, **J.M. Sacheck**. Vitamin D intake and serum vitamin D in ethnically diverse urban schoolchildren. *Public Health Nutr.* 15(11):2047-53, 2012. PMID: 4390038.
24. Au, L.E., C.D. Economos, E. Goodman, R.F. Houser, A. Must, V.R. Chomitz, E.H. Morgan, **J.M. Sacheck**. Dietary intake and cardiometabolic risk in ethnically diverse urban schoolchildren. *J Acad Nutr Diet.* 112(11):1815-21, 2012. PMID: 23102181.
25. Morgan, E.H., R.F. Houser, L.E. Au, **J.M. Sacheck**. Associations between three school-based measures of health: Is BMI enough? *J Sch Nurs.* 29(5):378-385, 2013. PMID: 23239787.
26. Au, L.E., G.T. Rogers, S.S. Harris, J.T. Dwyer, P.F. Jacques, **J.M. Sacheck**. Associations of vitamin D intake with 25OHD by weight status and race/ethnicity in U.S. children. *J Acad Nutr Diet.* 113(11):1511-16, 2013. PMID: 4435814.
27. **Sacheck, J.M.**, H. Rasmussen, M.M. Hall, T. Kafka, J.B. Blumberg, C.D. Economos. The association of pre-game snacks on exercise intensity, stress, and fatigue in children. *Pediatr Exerc Sci.* 26(2):159-67, 2014. DOI: 10.1123/pes.2013-0067.

28. Au, L.E., S.S. Harris, P.F. Jacques, J.T. Dwyer, **J.M. Sacheck**. Adherence to a vitamin D supplement intervention in urban schoolchildren. *J Acad Nutr Diet*. 114(1):86-90, 2014. PMID: 3867533.
29. Evans, E.W., P.F. Jacques, G.E. Dallal, **J.M. Sacheck**, A. Must. The role of eating frequency on total energy intake and diet quality in a low-income, racially diverse sample of schoolchildren. *Public Health Nutr*. 18(3):478-81, 2014. PMID: 4471996.
30. **Sacheck, J.M.** and M.M. Hall. Current evidence for the impact of physical fitness on health outcomes in youth. *Am J Lifestyle Med*. Epub ahead of print; June 2014. DOI: 10.1177/1559827614537780.
31. Au, L.E., S.S. Harris, J.T. Dwyer, P.F. Jacques, **J.M. Sacheck**. Association of serum 25-hydroxyvitamin D with race/ethnicity and constitutive skin color in urban schoolchildren. *J Pediatr Endocrinol Metab*. 27(11-12):1095-100, 2014. PMID: 4435804.
32. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Exploring new relationships between physical activity volume, intensity and cardiometabolic risk in U.S. adolescents. *Journal of Physical Activity and Health*. 12(9): 1312-9, 2014. PMID: 25526280.
33. **Sacheck, J.M.**, V.R. Chomitz, E. Goodman, C. Gordon, M. Van Rompay, L.E. Au, E. Olson, M. Eliasziw, M.F. Holick, C.D. Economos. Recruitment and retention of urban schoolchildren into a randomized double-blind vitamin D supplementation trial. *Clinical Trials*. 12(1):45-53, 2015. PMID: 4344912.
34. Kirn D.R., A. Koochek, K.F. Reid, Å. von Berens, T.G. Travison, S. Folta, **J. Sacheck**, M. Nelson, C. Liu, E. Phillips, A.C. Åberg, M. Nydahl, T. Gustafsson, T. Cederholm, R.A. Fielding. The Vitality, Independence, and Vigor in Elderly 2 Study (VIVE2): Design and methods. *Contemp Clin Trials*. 43:164-171, 2015. PMID: 26044464.
35. Evans, E. W., P.F. Jacques, G.E. Dallal, **J.M. Sacheck**, A. Must. The role of eating frequency on relative weight in urban school-age children. *Pediatric Obesity*. 10(6):442-7, 2015. PMID: 4495000.
36. Corcoran, M., Nelson, M., **Sacheck, J. M.**, Reid, K. F., Kirn, D., Fielding, R. A., Folta, S. C. Recruitment of mobility limited older adults into a facility-led exercise nutrition study: The effect of social involvement. *Gerontologist*. Epub ahead of print; Mar 2015. DOI: 10.1093/geront/gnv018.
37. Anzman-Frasca, S., R. Boulos, T. Dicolen, S.C. Folta, A. Koomas, M.E. Nelson, **J.M. Sacheck**, C.D. Economos. Validation of out-of-school-time snacks, beverages, and physical activity questionnaire (OST-SBPA). *Childhood Obesity*. 11(4): 439-48, 2015. PMID: 26176191.
38. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Demographic, physiologic, and psychosocial correlates of physical activity in low-income, overweight children. *J Nutr Educ Behav*. 47(5):452-8, 2015. PMID: 26145759.
39. Van Rompay, M., N.M. McKeown, E. Goodman, M. Eliasziw, V.R. Chomitz, C.M. Gordon, C.D. Economos, **J.M. Sacheck**. Sugar-sweetened beverage intake is positively associated with baseline triglyceride concentrations, and changes in intake are negatively associated with HDL-cholesterol increases over 12 months in a multi-ethnic sample of children. *J Nutr*. 145(10):2389-95, 2015. DOI: 10.3945/jn.115.212662.
40. Folta, S.C., A. Koomas, N. Metayer, K.J. Fullerton, K.L. Hubbard, S. Anzman-Frasca, T. Dicolen, M. Nelson, M. Newman, **J.M. Sacheck**, C.D. Economos. Engaging stakeholders from volunteer-led out-of-school time programs in the dissemination of guiding principles for healthy snacking and physical activity. *Preventing Chronic Disease*. 24(12):E225, 2015. DOI: 10.5888/pcd12.150270.
41. Sawicki C.M., M.I. VanRompay, L.E. Au, C.M. Gordon, **J.M. Sacheck**. Sun exposure during summer months does not prevent a fall in serum 25-hydroxyvitamin D after winter supplementation in children. *J Nutr*, 146(4):751-7, 2016. PMID: 4807642.
42. Hubbard K., C.D. Economos, P. Bakun, R. Boulos, K.K. Chui, M. Mueller, K. Smith, **J.M. Sacheck**. Disparities in moderate-to-vigorous physical activity among girls and overweight and obese school children during school- and out-of-school time. *Int J Behav Nutr Phys Act*. 13(1):39, 2016. DOI: 10.1186/s12966-016-0358-x.

43. Francis, C.E., P.E. Longmuir, C. Boyer, P. Belanger, L.B. Andersen, J.D. Barnes, E. Boiarskaia, J. Cairney, A.D. Faigenbaum, G. Faulkner, B.P. Hands, J.A. Hay, I. Janssen, P.T. Katzmarzyk, H.C.G. Kemper, D. Knudson, M. Lloyd, T.L. McKenzie, T.S. Olds, **J.M. Sacheck**, R.J. Shephard, D.F. Stodden, W. Zhu, M.S. Tremblay. Developing a physical literacy model and relative factor importance within the Canadian Assessment of Physical Literacy: A Delphi process. *J Phys Act Health*. 13(2):214-22, 2016. PMID: 26106940.
44. Corcoran, M., K. Chui, D.K. White, K.F. Reid, D. Kirn, M.E. Nelson, **J.M. Sacheck**, S.C. Folta, Fielding, R. A. Accelerometer assessment of physical activity and its association with physical function in older adults residing at assisted care facilities. *Journal of Nutrition, Health and Aging*. 20(7):752-8, 2016. PMID: 27499309.
45. Hatfield, D.P., V.R. Chomitz, K.K. Chui, **J.M. Sacheck**, A. Brown, C.D. Economos. Impact of a community-based physical activity program on overweight/obese children's fitness and adiposity. *Health Promotion Practice*. Epub ahead of print, 2016. PMID: 27199149.
46. Wright, C.M., P.J. Duquesnay, S. Anzman-Frasca, V.R. Chomitz, K. Chui, C.D. Economos, E.G. Langevin, M.E. Nelson, **J.M. Sacheck**. Study Protocol: The Fueling Learning through Exercise (FLEX) Study – A randomized controlled trial of the impact of school-based physical activity programs on children's physical activity, cognitive function, and academic achievement. *BMC Public Health*. 16(1): 1078, 2016.
47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. Bleiweiss-Sande, R., S. Kranz, P. Bakun, L.A. Tanskey, C.M. Wright, **J.M Sacheck**. Comparative study of a new dietary screener to assess food groups of concern in children. *Food and Nutrition Bulletin*. 38(4):585-593, 2017.
53. Berger, S.E., M. Van Rompay, C.M. Gordon, E. Goodman, M. Eliasziw, M.F. Holick, **J.M. Sacheck**. Investigation of the 3-epi-25(OH)D<sub>3</sub> of 25-hydroxyvitamin D<sub>3</sub> in urban schoolchildren. *Appl Physiol Nutr Metab*. Epub ahead of print, Oct 2017.
54. **Sacheck, J.M.**, M. Van Rompay, V.R. Chomitz, C.D. Economos, M. Eliasziw, E. Goodman, C.M. Gordon, M.F. Holick. The impact of three doses of daily vitamin D on serum 25(OH)D deficiency and insufficiency in at-risk schoolchildren – a randomized clinical trial. *J Clin Endocrinol Metab*. 102(12):4496-4505, 2017.
55. Blakely, C., M. Van Rompay, N. Schultz, **J.M. Sacheck**. Relationship between muscular strength and cardiovascular risk factors and vitamin D status among diverse schoolchildren. *BMC Pediatr*. 18(1):23, 2018.



56. Amin, S., P. Duquesnay, C.M. Wright, K. Chui, C.D. Economos, **J.M. Sacheck**. The association between perceived athletic competence and physical activity: implications for low-income schoolchildren. *Pediatr Exerc Sci*. 30(3):433-440, 2018.
57. Lehnerd, M., **J. Sacheck**, J. Goldberg, T. Griffin, S. Cash. Farmers' perspectives on the adoption and impacts of nutrition incentive and Farm to School programs. *Journal of Agriculture, Food Systems, and Community Development*. Epub ahead of print: 8(1): 2018.
58. Tanskey, L.A., J. Goldberg, K. Chui, A. Must, **J.M. Sacheck**. The state of the summer: a review of child summer weight gain and efforts to prevent it. *Current Obesity Reports*. 7(2):112-121, 2018.
59. Amin, S., M. Lehnerd, S. Cash, C.D. Economos, **J.M. Sacheck**. A case study of a Nutrition Cohort: the development of a funder-initiated learning collaborative. *Journal of Agriculture, Food Systems, and Community Development*. Accepted.
60. Amin, S., C. Panzarella, M. Lehnerd, S.B. Cash, C.D. Economos, **J.M. Sacheck**. Identifying food literacy educational opportunities for youth. *Health Educ and Behav*. Epub ahead of print, 2018.

#### *Peer Reviewed Commentaries*

61. **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.
62. **Sacheck, J.M.** and S. Amin. Cardiorespiratory fitness in children and youth – A call for surveillance, but now how do we do it? *Exer Sports Sci Rev*. 46(2):65, 2018.

#### *Under Review*

1. Tanskey, L.A., J. Goldberg, K. Chui, A. Must, **J.M. Sacheck**. Summer weight change among elementary school children in Eastern Massachusetts in 2015: a mixed methods study.
2. Amin, S., M. Lehnerd, S.B. Cash, C.D. Economos, **J.M. Sacheck**. The development of a novel tool for food literacy assessment in children (TFLAC).
3. Schultz, N.S., K. Chui, C.D. Economos, A.H. Lichtenstein, S.L. Volpe, **J.M. Sacheck**. A qualitative investigation of key factors that influence elementary school employee health behaviors: Implications for health promotion programming.
4. Schultz, N.S., K. Chui, C.D. Economos, A.H. Lichtenstein, S.L. Volpe, **J.M. Sacheck**. Impact of health behaviors and perceived occupational stress on cardiometabolic health in elementary school employees.
5. Tanskey, L.A., J. Goldberg, K. Chui, A. Must, **J.M. Sacheck**. Excess summer weight gain in a low-income, ethnically diverse sample of elementary school children in Massachusetts.
6. Tanskey, L.A., J. Goldberg, K. Chui, A. Must, **J.M. Sacheck**. School year and summer diet and physical activity patterns in elementary school students.
7. Lehnerd, M., S. Cash, J. Goldberg, T. Griffin, S., **J. Sacheck**. Understanding child food literacy in the context of farm to school programs.
8. Economos, C.D., S. Anzman-Frasca, A.H. Koomas, P.J. Bakun, C.M. Brown, D. Brown, S.C. Foltz, K.J. Fullerton, **J.M. Sacheck**, S. Sharma, M.E. Nelson. Dissemination of Healthy Kids Out of School Principles for Obesity Prevention: a RE-AIM Analysis

#### *Peer Reviewed Reports*

1. **Sacheck, J.M.** and N. Schultz. *Optimal Nutrition for Youth Athletes: Food Sources and Fuel Timing*. National Youth Sports Health & Safety Institute, 2016. Online at: [www.nyshsi.org](http://www.nyshsi.org)
2. Institute of Medicine, Food and Nutrition Board. *Physical Fitness and Health Outcomes in Youth*. Committee member and co-author. Sept 27, 2012. <http://www.iom.edu/Reports/2012/Fitness-Measures-and-Health-Outcomes-in-Youth.aspx>

3. **Sacheck, J.M.** and A. Glynn. *Physical Activity in Massachusetts: What Can Be Done?* Research Policy Brief for Massachusetts Health Policy Forum. May 16, 2012. On-line at: [http://masshealthpolicyforum.brandeis.edu/forums/Documents/IssueBrief\\_Physical-Activity2012.pdf](http://masshealthpolicyforum.brandeis.edu/forums/Documents/IssueBrief_Physical-Activity2012.pdf).
4. **Sacheck, J.M.** and V. Clark. *Childhood Overweight and Obesity in Massachusetts: What Can Be Done?* Research Policy Brief for Massachusetts Health Policy Forum. June 2008. On-line at: <http://masshealthpolicyforum.brandeis.edu/forums/forumpages/Childhood%20Obesity.html>

*Non-Peer reviewed reports*

5. C.D. Economos and **J.M. Sacheck**. *Science-Based Policy Statement on Optimal Nutrition for Children Playing Soccer*. Major League Soccer, Healthy half-time snacks, 2007. On-line at: [http://ww2.mlsnet.com/mls/programs/mls\\_works/programs/hhs/](http://ww2.mlsnet.com/mls/programs/mls_works/programs/hhs/).
6. **Sacheck, J.M.**, C. Wright, V. Chomitz, K. Chui, C. Economos. *Active Bodies, Active Minds: A Case Study on Physical Activity and Academic Success in Lawrence, Massachusetts*. January 2015. Online at: <http://www.tbf.org/>
7. **Sacheck, J.M.**, C.D. Economos, P. Wilde, T. Griffin. *Dishing Out Healthy School Meals*. Harvard Pilgrim Healthcare research release on school food service in Maine, Massachusetts, and New Hampshire. October 2010. On-line at: <https://www.harvardpilgrim.org/pls/portal/docs/PAGE/MEMBERS/FOUNDATION/HEALTHYMEALS.PDF> and <https://www.harvardpilgrim.org/pls/portal/docs/PAGE/MEMBERS/FOUNDATION/SOUP-TO-NUTS-BROCHURE.PDF>
8. C.D. Economos, J. Goldberg, **J.M. Sacheck**, S. Folta, V. Clark. *Tipping the Scales in Favor of Our Children*. Harvard Pilgrim Health Care research release on the state of childhood obesity in Maine, Massachusetts and New Hampshire. June 2008. On-line at: [https://www.harvardpilgrim.org/portal/page?\\_pageid=213,256650&\\_dad=portal&\\_schema=PORTAL](https://www.harvardpilgrim.org/portal/page?_pageid=213,256650&_dad=portal&_schema=PORTAL)

*Books Authored*

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

*Books Edited*

1. 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

*Other*

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

*Published Abstracts (2014-2017 only)*

1. Van Rompay, M., N.M. McKeown, M. Eliasziw, E. Goodman, V.R Chomitz, C.M. Gordon, C.D. Economos, **J.M. Sacheck**. Intakes of sugar-sweetened beverages and total sugars are associated with higher triglycerides in a multi-ethnic sample of children. American Heart Association Epidemiology Meeting, San Francisco, CA, March 2014.
2. Schultz, N. M. Eliasziw, M. Van Rompay, V. Chomitz, C.D. Economos, **J.M. Sacheck**. Validity of the Block Kids Physical Activity Screener for Moderate to Vigorous Physical Activity. American College of Sports Medicine Annual Meeting, May 2014.

3. **Sacheck, J.M.**, Mueller, M., Bakun, P., Boulos, R., Hubbard, K., Smith, K., Whitman, N., Economos, C. Disparities in moderate-to-vigorous physical activity among overweight and obese schoolchildren during school- and out-of-school time. The Obesity Society Annual Meeting. Boston, MA. November 2014.
4. Hatfield, D.P., V.R. Chomitz, K. Chui, **J.M. Sacheck**, C.D. Economos. Correlates of physical activity among low-income overweight/obese children during and outside of a structured physical activity program. The Obesity Society Annual Meeting. Boston, MA, November 2014.
5. Berger, S. E., M. Van Rompay, C.M. Gordon, E. Goodman, C.D. Economos, M. Eliasziw, M.F. Holick, **J.M. Sacheck**. Investigation of the 3-epimer of 25-hydroxyvitamin D3 in urban schoolchildren. Experimental Biology Annual Meeting, Boston, MA, March 2015.
6. **J.M. Sacheck**, C. Wright, V. Chomitz, K. Chui, K. Usher, C.D. Economos. The school physical activity environment: Relationship to academic outcomes in underserved schoolchildren. International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Edinburgh, Scotland. June 2015.
7. Cederholm, T., A. Koochek, D. R. Kirn, K. F. Reid, A. von Berens, T. G., Trivison, S. Folta, **J. M. Sacheck**, M. Nelson, C. Liu, E. Phillips, A. C. Aberg, M. Nydahl, T. Gustafsson, R. A. Fielding. Effect of Nutritional Supplementation and Structured Physical Activity on Physical Function in Mobility-Limited Older Adults: Results from the VIVE2 Study. The European Society for Clinical Nutrition and Metabolism. Lisbon, Portugal. September 2015.
8. Chomitz, V., C. Fitzpatrick, C.M. Wright, K. Chui, **J. Sacheck**. A mixed methods evaluation of a school physical activity environment scan tool. APHA Annual Meeting, Chicago, IL, November 2015.
9. Economos, CE, S. Anzman-Frasca, A. Koomas, S. Folta, K. Fullerton, D. Gonsalves, **J. Sacheck**, C. Brown, M.E. Nelson. Effectiveness of the Health Kids Out of School (HKOS) Program. Society for Behavioral Medicine Annual Meeting. April 2016.
10. Amin, S.A., K. Chui, C.M. Wright, V.R. Chomitz, C.D. Economos, **J.M. Sacheck**. The Association between perceived peer and teacher social support and physical activity in schoolchildren. American College of Sports Medicine Annual Meeting. Boston, MA, June 2016.
11. Amin, S.A., K. Chui, P. Duquesnay, C.M. Wright, C.D. Economos, **J.M. Sacheck**. The association between perceived athletic competence and physical activity: implications for low-income schoolchildren. American College of Sports Medicine Annual Meeting. Denver, CO, June 2017.
12. **J.M. Sacheck**, C. Wright, S. Amin, S. Anzman-Frasca, V. Chomitz, K. Chui, M. Nelson, C.D. Economos. The Fueling Learning through Exercise (FLEX) Study: Short-term findings on sedentary time in lower-income schoolchildren. American College of Sports Medicine Annual Meeting. Denver, CO, June 2016.
13. Chomitz, V.R., P. Duquesnay, C. Wright, S. Amin, S. Anzman-Frasca, K. Chui, C. Economos, M. Nelson, **J.M. Sacheck**. Physical activity programming in lower-income schools: Preliminary implementation results from the Fueling Learning through Exercise (FLEX) Study. International Society for Behavioral Nutrition and Physical Activity. Vancouver, Canada. June 2017.
14. Anzman-Frasca, S., S.A. Amin, C.M. Wright, V.R. Chomitz, C.D. Economos, **J.M. Sacheck**. Associations between sedentary time and executive functioning among low-income schoolchildren. The Obesity Society Annual Meeting. Washington, D.C., October 2017.
15. Amin, S., M. Lehnerd, S.B. Cash, C.D. Economos, **J.M. Sacheck**. Development of a food literacy tool for children (grades 4-5). APHA Annual Meeting. Atlanta, GA. November 2017.

## Scholarly Presentations

### *Invited Scientific 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.

*Invited Scientific Lectures - National*

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

18. George Washington University, Milken School of Public Health Summer Seminar Series. If Only Physical Activity Came in a Pill: The Challenges and Importance of Getting Kids Moving. Washington, D.C., June 19, 2017.
19. Purdue University, Interdepartmental Nutrition Program Seminar Series. If Only Getting Kids Moving Was as Simple as Taking Vitamin D: Findings from Community-based Interventions. West Lafayette, IN, September, 22, 2017.

*Invited Scientific Lectures – International*

1. University of Birmingham. If Only Exercise Came in a Pill – Birmingham, England, November 15, 2016

*Other Relevant Invited National/International Talks/Lectures*

1. Cambridge Boat Club Sunday Night Supper. 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. 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.

### **University Service**

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

2018- Department Chair, Exercise and Nutrition Sciences

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

2018 Chair, Search Committee, Department Chair of Health Analytics

2018- Search Committee, International Nutrition Candidate

2018 Search Committee, Visiting Assistant Professor of Nutrition

2018- Social and Behavioral Lab Task Force

2018- Space Committee

*Administrative Assignments, Friedman School, Tufts University*

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

*School Committee Assignments, Friedman School, Tufts University*

2016-2017 Nutrition Advisory Committee, Member

2015-2017 Tufts Health and Nutrition Newsletter, Editorial Advisory Board, Member

2014-2017 Appointments, Tenure, & Promotions Committee, Member

2014-2017 Curriculum & Degrees Committee, Member

2016-2017 Faculty Compensation Committee, Member

2006-2010 Admissions Committee, Member

*University Committee Assignments, Tufts University*

2015-2017 Nutrition and Wellness Committee, Co-Chair

2014-2017 Clinical and Translational Science Institute, Pilot Studies Review Committee, Member

2014-2015 Board of Trustees' Committee for University Advancement, FSNSP Representative

2011-2014 Health & Wellness Advisory Committee, Member

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

*Professional Society Membership*

1996-Present American College of Sports Medicine

2004-Present American Society for Nutrition

2006-Present International Society of Behavioral Nutrition and Physical Activity

2006-2017 Boston Obesity/Nutrition Research Center

2005-2014 The Obesity Society

1999-2001 National Strength and Conditioning Association

1999-2001 American Physiological Society

*Committee Leadership*

2014-Present American College of Sports Medicine - Health and Science Policy Committee, Member

2014-Present American College of Sports Medicine - Leadership & Diversity Training Program, Mentor

2012-Present American College of Sports Medicine - Strategic Health Initiative/Youth Sports & Health Committee, Member

2011-2012 Institute of Medicine – Fitness Measures and Health Outcomes in Youth, Committee Member

## **Editorial Peer Review**

### *National/International Competitive Grants*

- 2017 NIH Special Emphasis Panel on Molecular Profiles and Biomarkers of Food and Nutrient Intake, Committee Member
- 2015-2017 NIH Special Emphasis Review Panel on Health-Enhancing Physical Activity, Committee Member
- 2016 British Heart Foundation, Grant Reviewer
- June 2009 NIH/RC1 Childhood Obesity - Review Panel
- 2007-2009 NASA/NSBRI Physiology – Review Panel

### *Other Editorial/Reviews*

- 2016, 2017 Tufts Health and Nutrition Newsletter Special Report: *Diet and Exercise: A Powerful Anti-Aging Formula: How diet and exercise can lead to a longer, happier and more productive life*. Editorial Lead
- 2016, 2017 Active Living Research Annual Conference, Abstract Reviewer
- 2015 IOM Workshop Summary, *The Role of Physical Activity in the Prevention and Treatment of Obesity* - Reviewer
- 2015 Active Living Research, *Out-of-School Time Physical Activity Standards: Implementation Trends*, Reviewer
- 2012-2013 Canadian Assessment of Physical Literacy, Review Panel Member

### *Journal Manuscript Review*

American Journal of Physiology – Endocrinology and Metabolism  
BMC Pediatrics  
BMC Public Health  
Canadian Journal of Physiology  
FASEB Journal  
Journal of the Academy of Nutrition and Dietetics  
Journal of Physical Activity and Health  
Journal of Nutrition  
Obesity  
Nutrition and Metabolism  
Pediatric Exercise Science  
The Journal of the Academy of Nutrition and Dietetics

## **External Activities & Partnerships**

- 2016-Present Revere – Scientific Advisory Board Member
- 2016-Present 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

## **Teaching/Learning Portfolio**

### *Program Development*

- 2015-2017 Development of the Nutrition Interventions, Communications, and Behavior Change Program, FSNSP, Co-director

### *Courses Taught*

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



2018                    *Nutrition Science* (EXNS 2119)

*Graduate Courses, FSNSP Tufts University*

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

*Undergraduate Courses, Tufts University*

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

*Invited Course Lectures*

1. 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.
2. Community-based Intervention Implementation. Nutr315: *Study Design in Nutrition Research*, FSNSP, Tufts University, 2017.
3. Physical activity epidemiology. Nutr305: *Nutritional Epidemiology*, FSNSP, Tufts University. 2013-Present.
4. Protein biochemistry: Branched chain amino acids. Nutr370: *Nutritional Biochemistry, Macronutrients*, FSNSP, Tufts University. 2016-2017.
5. Nutrition, inflammation and chronic disease. SAR HS 775: *Advanced Clinical Nutrition*, Sargent College of Health and Rehabilitation Sciences, Boston University, Spring 2008-2015.
6. Sports Nutrition. Nutr101: *General Nutrition*, Tufts University, Spring 2014.
7. Energy balance and sports nutrition. Nutr201: *Fundamentals of Nutrition Science*, Tufts University, August 5, 2008.
8. Water and electrolytes. Nutr291SP: *Scientific Principles of Nutrition*, FSNSP, Tufts University, April 10, 2007.
9. Protein Degradation. Nutr271A: *Nutritional Biochemistry – Macronutrients*, FSNSP, Tufts University, October 24, 2006.
10. General introduction to exercise physiology. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, September 20, 2004.
11. Exercise and the immune system. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Nov 25, 2002.
12. Exercise and oxidative stress. Nutr272: *Nutrition and Exercise*, FSNSP, Tufts University, Fall 2000, 2001 and 2004.
13. Nutrition for exercise performance and fitness. Nutr202: *Fundamentals of Nutrition*, FSNSP, Tufts University, Nov 9, 2000.
14. Exercise and oxidative stress. Bio95hfc: *Exercise Physiology Seminar*, Harvard University, Spring 1998.

*Training of Graduate Students/Postdoctoral Trainees*

*Dissertation Committees*

2016-Present     Rachel Bleiweiss-Sande, Ph.D. candidate in NICBC, FSNSP, Tufts University, Chair  
2016-Present     Meghan Lehnerd, Ph.D. candidate in AFE, FSNSP, Tufts University, Chair  
2015-Present     Nicole Schultz, Ph.D. candidate in BMN, FSNSP, Tufts University, Chair  
2014-2017        Lindsay Peterson, Ph.D. candidate in FPAN, FSNSP, Tufts University, Chair  
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*

2015-2017 Sarah Amin, PhD, MPH, RD, Post-doctoral Scholar  
 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

*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*

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*

- 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-Present Advise approximately 10 master's degree students per year

**Public Health Practice Portfolio** *(in addition to items specified above)*

*Community Organization Membership & Leadership*

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

*Advisory Panel Participation*

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

*Consultations*

- 2013-2015 Boston Red Sox HomeBase Program, Massachusetts General Hospital – Nutrition Consultant, Unpaid

*Testimony*

- Sept 2013 Expert Testimony for Massachusetts legislative hearing in support of House Bill 2634, An Act to Reduce Childhood Obesity