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PERSONAL DATA

Birthplace: Rochester, MN

Citizenship: USA

ACADEMIC APPOINTMENTS AND OTHER WORK EXPERIENCE

ACADEMIC APPOINTMENTS

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|-------------------|---|
| 1-2018 to present | Senior Research Associate [part-time], Columbia-Bassett Program, Bassett Medical Center, Cooperstown, NY |
| 5-2012 to present | Research Specialist [regular and intermittent temporary appointments], Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill (UNC), Chapel Hill, NC |
| 9-2013 to 12-2017 | Senior Research Associate [part-time], Center for Obesity Research and Education, College of Public Health, Temple University, Philadelphia, PA |
| 1-2013 to 6-2016 | Research Analyst [intermittent temporary appointments], Carolina Population Center, UNC, Chapel Hill, NC |

OTHER WORK EXPERIENCE

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|--------------------|---|
| 10-2015 to 12-2015 | Consultant, Family Health International (FHI 360), Washington, DC |
| 9-2001 to 3-2005 | Battelle Research Associate, Global Micronutrient Laboratory Program, Centers for Disease Control and Prevention (CDC), Atlanta, GA |

EDUCATION

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|-------------------|---|
| 8-2005 to 12-2011 | PhD, Gillings School of Global Public Health, UNC, Chapel Hill, NC |
| 8-1999 to 9-2001 | MPH, Rollins School of Public Health, Emory University, Atlanta, GA |
| 8-1993 to 5-1997 | BA, Psychology, Duke University, Durham, NC |

HONORS & AWARDS

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| 2003 | Battelle <i>Key Contributor Award</i> for work organizing the International Resource Laboratories for Iodine Workshop in Cape Town, South Africa
CDC/Agency for Toxic Substances and Disease Registry (ATSDR) <i>Group Honor Award</i> for outstanding service and contributions to the reduction of key micronutrient deficiencies throughout the world |
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EDUCATIONAL CONTRIBUTIONS

GRADUATE COURSE TEACHING ASSISTANT

Spring 2010	Public Health Nutrition Management II, UNC, Chapel Hill, NC
Fall 2009	Public Health Nutrition Management I, UNC, Chapel Hill, NC
Spring 2001	Global Elimination of Micronutrient Malnutrition, Emory University, Atlanta, GA

PUBLICATIONS

- 18 Nagel KE, **Dearth-Wesley T**, Herman AN, Smith HG, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The association between dispositional mindfulness and glycemic control in type 1 diabetes during early adulthood: differences by age and adverse childhood experiences. *Pediatr Diabetes*. 2020;21(4):681-691. DOI: 10.1111/pedi.13000
- 17 Whitaker RC, **Dearth-Wesley T**, Herman AN, Nagel KE, Smith HG, Weil HFC. Association of childhood family connection with flourishing in young adulthood among those with type 1 diabetes. *JAMA Netw Open*. 2020;3(3):e200427. DOI: 10.1001/jamanetworkopen.2020.0427
- 16 Whitaker RC, Herman AN, **Dearth-Wesley T**, Hubbell K, Huff R, Heneghan LJ, Rowe PC. The association of fatigue with dispositional mindfulness: relationships by levels of depressive symptoms, sleep quality, childhood adversity, and chronic medical conditions. *Prev Med*. 2019; 129:105873. DOI: 10.1016/j.ypmed.2019.105873
- 15 Whitaker RC, **Dearth-Wesley T**, Herman AN, Oakes JM, Owens JA. A quasi-experimental study of the impact of school start time changes on adolescents' mood, self-regulation, safety, and health. *Sleep Health*. 2019; 5(5):466-469. DOI: 10.1016/j.sleh.2019.06.011
- 14 Whitaker RC, Herman AN, **Dearth-Wesley T**, Smith HG, Burnim SB, Myers EL, Saunders AM, Kainz K. Effect of a trauma-awareness course on teachers' perceptions of conflict with preschool-aged children from low-income urban households: a cluster randomized clinical trial. *JAMA Netw Open*. 2019; 2(4):e193193. DOI: 10.1001/jamanetworkopen.2019.3193
- 13 Owens JA, **Dearth-Wesley T**, Herman AN, Whitaker RC. Drowsy driving, sleep duration, and chronotype in adolescents. *J Pediatr*. 2019; 205:224-229. DOI: 10.1016/j.jpeds.2018.09.072
- 12 Owens JA, **Dearth-Wesley T**, Herman AN, Oakes JM, Whitaker RC. A quasi-experimental study of the impact of school start time changes on adolescent sleep, mood, and self-regulation. *Sleep Health*. 2017; 3(6):437-443. DOI: 10.1016/j.sleh.2017.09.001
- 11 **Dearth-Wesley T**, Howard AG, Wang H, Zhang B, and Popkin BM. Trends in domain-specific physical activity and sedentary behaviors among Chinese school children, 2004-2011. *Int J Beh Nutr Phys Act*. 2017; 14:141 DOI: 10.1186/s12966-017-0598-4

- 10 Vaughn AE, **Dearth-Wesley T**, Tabak RG, Bryant M, Ward DS. Development of a Comprehensive Assessment of Food Parenting Practices: The Home Self-Administered Tool for Environmental Assessment of Activity and Diet Family Food Practices Survey. *J Acad Nutr Diet*. 2017; 117(2):214-227. DOI: 10.1016/j.jand.2016.07.021
- 9 Owens JA, **Dearth-Wesley T**, Lewin D, Gioia G, Whitaker RC. Self-regulation and sleep duration, sleepiness, and chronotype in adolescents. *Pediatrics*. 2016; 138(6):e20161406. DOI: 10.1542/peds.2008-1536
- 8 Whitaker RC, **Dearth-Wesley T**, Gooze RA. Workplace stress and the quality of teacher-child relationships in Head Start. *Early Child. Res Q*. 2015; 30:57–69. DOI: 10.1016/j.ecresq.2014.08.008
- 7 Whitaker RC, **Dearth-Wesley T**, Gooze RA, Becker BD, Gallagher KC, McEwen BS. Adverse childhood experiences, dispositional mindfulness, and adult health. *Prev Med*. 2014; 67:147-153. DOI: 10.1016/j.ypmed.2014.07.029
- 6 **Dearth-Wesley T**, Popkin BM, Ng SW. Estimated and forecasted trends in domain specific time-use and energy expenditure among adults in Russia. *Int J Beh Nutr Phys Act*. 2014; 11(11). DOI: 10.1186/1479-5868-11-11
- 5 **Dearth-Wesley T**, Gordon-Larsen P, Adair LS, Zhang B, Popkin BM. Longitudinal, cross-cohort comparison of physical activity patterns in Chinese mothers and children. *Int J Beh Nutr Phys Act*. 2012; 9 (39). DOI: 10.1186/1479-5868-9-39
- 4 **Dearth-Wesley T**, Gordon-Larsen P, Adair LS, Siega-Riz AM, Zhang B, Popkin BM. Less Traditional Diets in Chinese Mothers and Children are Similarly Linked to Socioeconomic and Cohort Factors but Vary with Increasing Child Age. *J Nutr*. 2011; 141(7): 1705-11. DOI: 10.3945/jn.110.135707
- 3 **Dearth-Wesley T**, Wang H, Popkin B. Under- and Overnutrition dynamics in Chinese children and adults (1991-2004). *Eur J Clin Nutr*. 2008; 62(11): 1302-7. DOI: 10.1038/sj.ejcn.1602853
- 2 **Dearth-Wesley T**, Makhmudov A, Pfeiffer C, Caldwell K. Fast and reliable salt iodine measurement: evaluation of the WYD Checker in comparison with iodometric titration. *Food Nutr Bull*. 2004; 25(2): 130-6. DOI: 10.1177/156482650402500204
- 1 Blank H, Pfeiffer C, Caudill S, Reyes M, Gunter E, Impertore G, van Assendelft O, Strider S, **Dearth T**. Serum iron and iron-binding capacity: a round-robin interlaboratory comparison study. *Clin Chem*. 2003; 49(10): 1672-5. DOI: 10.1373/49.10.1672

MANUSCRIPTS UNDER REVIEW

1. Whitaker RC, **Dearth-Wesley T**, Herman AN. The association of daily spiritual experiences with depression among Head Start staff.
2. Whitaker RC, **Dearth-Wesley T**, Herman AN. Childhood family connection and adult flourishing in the US: associations across levels of childhood adversity.
3. Whitaker RC, **Dearth-Wesley T**, Herman AN, Block AE, Holderness MH, Waring NA,

Oakes JM. The interaction of adverse childhood experiences and gender-sex as risk factors for depression and anxiety disorders in US adults.

BOOK CHAPTERS

Dearth-Wesley T, Pfeiffer C, Caldwell K. (2004). The International Resource Laboratories for Iodine (IRLI) Network. In Hetzel, Basil S (Ed.), *Toward the Global Elimination of Brain Damage Due to Iodine Deficiency*. New York: Oxford University Press.

PUBLISHED ABSTRACTS

Nagel KE, **Dearth-Wesley T**, Herman AN, Smith H, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The association of dispositional mindfulness and adverse childhood experiences with glycemic control among young adults with type 1 diabetes. *Diabetes* 2018 Jul; 67(suppl 1): DOI: 10.2337/db18-218-OR (abstract 218-OR).

INVITED AND/OR PEER-SELECTED PRESENTATIONS AT INTERNATIONAL, NATIONAL, OR REGIONAL LEVELS

PAPER PRESENTATIONS (all are oral presentations by first author unless indicated)

1. The association of dispositional mindfulness and adverse childhood experiences with glycemic control among young adults with type 1 diabetes. Nagel KE, **Dearth-Wesley T**, Herman AN, Smith H, Gandica RG, Golden LH, Weil HFC, Whitaker RC. The American Diabetes Association, 78th Scientific Sessions, Orlando, FL, June 24, 2018.
2. Adverse childhood experiences, spirituality, and depression. Whitaker RC, **Dearth-Wesley T**, Gallagher KC. 37th Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 31, 2016.
3. Mindfulness as resilience to the impact of adverse childhood experiences on adult health. Whitaker RC, **Dearth-Wesley T**, Gooze RA, Becker BD, Gallagher KC, McEwen BS. Mind and Life Institute International Symposium for Contemplative Studies, Boston, MA, October 31, 2014 (poster).
4. **Dearth-Wesley T**, Popkin BM. Experimental Biology, Washington, D.C, April 28-May 2, 2007 (poster).
5. Under- and overnutrition dynamics in Chinese children and adults. **Dearth-Wesley T**, Popkin BM. NAASO: The Obesity Society, Boston, MA. October 20-24, 2006 (poster).

INVITED LECTURES

1. Depression and anxiety disorders in US adults: the interaction of gender and childhood trauma as risk factors. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, October 20, 2020. Whitaker RC, **Dearth-Wesley T**, Herman AN.
2. Evaluation of the *Enhancing Trauma Awareness* professional development course. Mental Health Workgroup of the Head Start National Training and Technical Assistance Centers (via conference call), March 9, 2020. Whitaker RC, Herman AN, **Dearth-Wesley, T**.

3. Improving relationships with children and families: finding your trauma lens. The School District of Philadelphia, Philadelphia, PA, April 10, 2019. Whitaker RC, Herman AN, **Dearth-Wesley T.**
4. A randomized trial of a professional development course to increase trauma-informed care. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, March 19, 2019. Whitaker RC, Herman AN, **Dearth-Wesley T.**
5. An evaluation of “Enhancing Trauma Awareness” in the School District of Philadelphia’s early childhood education programs. Lakeside Global Institute, North Wales, PA, November 9, 2018. Whitaker RC, Herman AN, **Dearth-Wesley T.**
6. An evaluation of “Enhancing Trauma Awareness” in the School District of Philadelphia’s early childhood education programs. United Way of Greater Philadelphia and Southern New Jersey, Philadelphia, PA, October 2, 2018. Whitaker RC, **Dearth-Wesley T,** Herman AN.
7. An evaluation of “Enhancing Trauma Awareness” in early childhood education. Institute for Family Professionals, Lakeside Global Institute, Philadelphia, PA, November 15, 2017. Whitaker RC, Herman AN, **Dearth-Wesley T.**