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PERSONAL DATA

Birthplace: Baltimore, MD

Citizenship: USA

ACADEMIC APPOINTMENTS, HOSPITAL APPOINTMENTS, AND OTHER WORK EXPERIENCE

ACADEMIC APPOINTMENTS

6-2018 to present	Professor of Clinical Pediatrics, Vagelos College of Physicians and Surgeons, Columbia University, New York, NY
1-2018 to present	Director of Research and Research Education, Columbia-Bassett Program, Bassett Medical Center, Cooperstown, NY
7-2007 to 12-2018	Professor of Public Health (Epidemiology and Biostatistics) and Pediatrics, Temple University, Philadelphia, PA (with tenure)
7-2013 to 6-2014	Visiting Research Scholar, Frank Porter Graham Child Development Institute, University of North Carolina, Chapel Hill, NC
7-2001 to 7-2003	Visiting Senior Research Scholar, Center for Health and Wellbeing, School of Public and International Affairs, Princeton University, Princeton, NJ
7-1999 to 6-2003	Associate Professor (tenure track), Department of Pediatrics, University of Cincinnati College of Medicine, Cincinnati, OH
7-1996 to 6-1999	Assistant Professor (tenure track), Department of Pediatrics, University of Cincinnati College of Medicine, Cincinnati, OH
7-1994 to 6-1996	Assistant Professor (tenure track), Department of Pediatrics, University of Washington School of Medicine, Seattle, WA
7-1992 to 6-1994	Acting Assistant Professor, Department of Pediatrics, University of Washington School of Medicine, Seattle, WA
7-1990 to 6-1992	Acting Instructor, Department of Pediatrics, University of Washington School of Medicine, Seattle, WA

HOSPITAL APPOINTMENTS

7-2007 to 6-2008	Medical Director, Center for Obesity Research and Education, Temple University, Philadelphia, PA
7-1996 to 6-2001	Attending Physician, Generalist Inpatient Service, Cincinnati Children's Hospital Medical Center, Cincinnati, OH
7-1996 to 6-2001	Attending Physician, Pediatric Primary Care Clinic, Cincinnati Children's Hospital Medical Center, Cincinnati, OH
7-1992 to 6-1996	Attending Physician, Northwest Lipid Research Clinic, Harborview Medical Center, Seattle, WA
7-1992 to 6-1996	Attending Physician, Medical Diagnostic Clinic, Seattle Children's Hospital, Seattle, WA
7-1991 to 6-1996	Attending Physician, Resident Continuity Clinic, Seattle Children's Hospital, Seattle, WA

OTHER WORK EXPERIENCE

7-2003 to 6-2007	Senior Fellow, Mathematica Policy Research, Inc., Princeton, NJ
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EDUCATION

7-1990 to 6-1992	MPH, University of Washington School of Public Health, Seattle, WA
9-1983 to 5-1987	MD, Johns Hopkins University School of Medicine, Baltimore, MD
9-1979 to 5-1983	BA, Chemistry, Williams College, Williamstown, MA

TRAINING

7-1990 to 6-1992	Fellow, Robert Wood Johnson Clinical Scholars Program, University of Washington, Seattle, WA
7-1989 to 6-1990	Assistant Chief Resident, Pediatrics, University of Washington Affiliated Hospitals, Seattle, WA
6-1987 to 6-1990	Pediatric Resident, University of Washington Affiliated Hospitals, Seattle, WA

EXPLANATION OF GAPS

No gaps

LICENSURE & BOARD CERTIFICATION**LICENSURE***

5/15/07 to 12/31/08	State of Pennsylvania, #431685
6/13/96 to 10/1/07	State of Ohio, #70545
8/30/89 to 8/11/96	State of Washington, #26763

* Licensure not maintained after ending clinical practice

BOARD CERTIFICATION*

American Board of Pediatrics, #45906, 11/14/90 (re-certified 12/1997 and 12/2004)

* Certification not maintained after ending clinical practice

HONORS & AWARDS

2015	Commencement speaker for Class of 2015 medical graduates of the Columbia-Bassett Program of Columbia University's College of Physician and Surgeons, Cooperstown, NY (May 17, 2015)
2011	Excellence in Teaching Award, College of Health Professions and Social Work (now College of Public Health), Temple University, Philadelphia, PA
2009	Most influential article published in 2008 by a Robert Wood Johnson Foundation grantee ("School Food Environments and Policies in US Public Schools," <i>Pediatrics</i>)
2003	Friend of WIC Award, National WIC Association
2000	Bronze Telly Award for video entitled "Beyond Nutrition Counseling: Reframing the Battle against Obesity"
1995	Outstanding Teacher Award from the Pediatric Housestaff, University of Washington Affiliated Hospitals
1994	Robert Wood Johnson Foundation, Generalist Physician Faculty Scholars Award
1992	Outstanding Presentation by Student, Resident, or Fellow, Ambulatory Pediatric Association, District IX and X Annual Meeting
1987	Alpha Omega Alpha, Johns Hopkins University School of Medicine
1987	Merck Prize for Academic Excellence, Johns Hopkins University School of Medicine (awarded to the top three students in the graduating class)
1983	Magna Cum Laude, Williams College
1982	Phi Beta Kappa, Williams College

ACADEMIC SERVICE**NATIONAL**

4-2017	Participant, Roundtable Discussion on "Emotional Well-Being: Answering Hard Questions," National Center for Complementary and Integrative Health (NCCIH) and the Office of Behavioral and Social Sciences Research (OBSSR)
2017 to 2018	Advisor, Project on "Building the Evidence for Trauma-informed Practice and Policy," Robert Wood Johnson Foundation
10-2017	Participant, Workshop on Enhancing Opportunities in Addressing Obesity and Type 2 Diabetes Disparities, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

- 11-2013 Member, Technical Workgroup, Head Start Health Managers Descriptive Survey, Administration for Children and Families, U.S. Department of Health and Human Services
- 2010 to 2011 Member, Committee on Obesity Prevention Policies for Young Children, Institute of Medicine, National Academy of Medicine (formerly the Institute of Medicine)
- 11-2010 Participant, Birth Cohort Workshop, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
- 12-2009 Participant, Forum on the Future of Nursing: Community Health, Public Health, Primary Care, and Long-Term Care, The Robert Wood Johnson Foundation Initiative on the Future of Nursing at the Institute of Medicine.
- 3-2008 Consultant, Review of the Head Start Program Performance Standards, Office of Head Start, U.S. Department of Health and Human Services
- 5-2006 Participant, Workshop on the Impact of Pregnancy Weight on Maternal and Child Health, Institute of Medicine, National Academy of Medicine (formerly the Institute of Medicine)
- 3-2006 Participant, Workshop on Media Research Methods and Measures, Institute of Medicine, National Academy of Medicine (formerly the Institute of Medicine)
- 2003 to 2004 Member, Committee on the Prevention of Obesity in Children and Youth, Institute of Medicine, National Academy of Medicine (formerly the Institute of Medicine)
- 2001 to 2003 Consultant, Population Health and Health & Behavior Teams, Robert Wood Johnson Foundation, Princeton, NJ
- 1999 to 2002 Member, Committee on Dietary Risk Assessment in the WIC Program, Institute of Medicine, National Academy of Medicine (formerly the Institute of Medicine)
- 1999 to 2000 Consultant, WIC Program Risk Identification and Selection Collaborative, U.S. Department of Agriculture
- 1999 to 2000 Participant, Rochester Child Health Congress
- 1993 to 1995 Member, Education Committee, Ambulatory Pediatric Association (now the Academic Pediatric Association)

REGIONAL

- 9-2014 to 5-2015 Member, Organizing Committee, Center for Developmental Science, Pro-seminar in Developmental Science (“Cultivating a Developmental Science of Flourishing”), University of North Carolina, Chapel Hill, NC.
- 4-1995 to 6-1996 Member, American Heart Association (Washington State Affiliate), Children and Heart Health Initiative Task Force
- 11-1993 to 12-1994 Member, Advisory Committee, Washington State Cardiovascular Disease

Prevention and Control Plan

LOCAL/INSTITUTIONAL

- 6-2017 to 12/2017 Chair, PhD Preliminary Examination Committee, Department of Epidemiology and Biostatistics, College of Public Health, Temple University, Philadelphia, PA
- 1-2017 to 8-2017 Chair, Promotion and Tenure Committee, Department of Epidemiology and Biostatistics, College of Public Health, Temple University, Philadelphia, PA
- 9-2016 to 8/2017 Member, Promotion and Tenure Committee, College of Public Health, Temple University, Philadelphia, PA
- 8-2016 Chair (ad hoc), Promotion and Tenure Committee, Department of Nursing, College of Public Health, Temple University, Philadelphia, PA
- 5-2016 Chair (ad hoc), Promotion and Tenure Committee, Department of Health Services Administration and Policy, College of Public Health, Temple University, Philadelphia, PA
- 9-2015 to 5-2016 Chair, Search Committee for Tenure Track Faculty in the Department of Epidemiology and Biostatistics, College of Public Health, Temple University, Philadelphia, PA
- 8-2015 Member (ad hoc), Promotion and Tenure Committee, Department of Social and Behavioral Sciences, College of Public Health, Temple University, Philadelphia, PA
- 2-2015 to 4-2015 Chair, Search Committee for Chair of the Department of Epidemiology and Biostatistics, College of Public Health, Temple University, Philadelphia, PA
- 9-2014 to 8-2015 Member, Promotion and Tenure Committee, Department of Public Health, Temple University, Philadelphia, PA
- 9-2012 to 8-2013 Member, Salary Advisory (Merit) Committee, College of Health Professions and Social Work, Temple University, Philadelphia, PA
- 9-2011 to 8-2013 Member, Promotion and Tenure Committee, College of Health Professions and Social Work, Temple University, Philadelphia, PA
- 9-2009 to 7-2013 Member, PhD Committee, Department of Public Health, Temple University, Philadelphia, PA
- 9-2009 to 8-2010 Member, Salary Advisory (Merit) Committee, College of Health Professions and Social Work, Temple University, Philadelphia, PA
- 9-2008 to 8-2010 Member, Promotion and Tenure Committee, College of Health Professions and Social Work, Temple University, Philadelphia, PA
- 9-2008 to 8-2010 Member, Faculty Merit Committee, Department of Public Health, Temple University, Philadelphia, PA
- 9-2008 to 6-2009 Member, Search Committee for Chair of the Department of Public Health, Temple University, Philadelphia, PA

6-1997 to 9-1998	Member, Search Committee for Director of the Biostatistical Core, Cincinnati Children's Hospital Medical Center, Cincinnati, OH
1-1997 to 6-1999	Member, Information Technology Steering Committee, Children's Hospital Research Foundation, Cincinnati Children's Hospital Medical Center, Cincinnati, OH
9-1994 to 1-1996	Member, Scientific Advisory Committee of the Clinical Research Center, University of Washington Medical Center, Seattle, WA

PROFESSIONAL ORGANIZATIONS & SOCIETIES

MEMBERSHIPS*

Society for Pediatric Research (beginning 2000)

Obesity Society (beginning 1994, formerly the North American Association for the Study of Obesity)

Society of Behavioral Medicine (beginning 1993)

Academic Pediatric Association (formerly the Ambulatory Pediatric Association, beginning 1990)

American Academy of Pediatrics (beginning 1987 and designated as Fellow 7/1/94)

*Memberships not all currently active

JOURNAL REVIEWER

American Journal of Clinical Nutrition

Ambulatory Pediatrics

Appetite

Archives of General Psychiatry

Atherosclerosis

Health Affairs

International Journal of Epidemiology

International Journal of Obesity and Related Metabolic Disorders

JAMA Pediatrics (formerly Archives of Pediatrics and Adolescent Medicine)

Journal of Adolescent Health

Journal of Clinical Epidemiology

Journal of Pediatrics

Journal of the American Medical Association

New England Journal of Medicine

Obesity (formerly Obesity Research)

Pediatrics

Preventive Medicine

EDITORIAL BOARD

Member, Editorial Board, *JAMA Pediatrics* (formerly *Archives of Pediatrics and Adolescent*

Medicine), 2002 to 2006

GRANT SUPPORT

Title: **An evaluation of a professional learning series for early childhood educators about trauma**
Source: First Up (210001)
Role: Principal Investigator
Goals: To conduct an implementation evaluation of a three-class learning series for early childhood education professionals about developmental trauma
Period of support: 1/01/2021 – 12/31/2021
Total costs: \$25,000

Title: **A random assignment evaluation of trauma-awareness training for teachers of low-income preschool-aged children**
Source: United Way of Greater Philadelphia and Southern New Jersey (17958)
Role: Principal Investigator
Goals: To evaluate, using a random assignment design, the impact of a trauma-awareness training on teacher-children relationship quality among classroom teachers of low-income preschool-aged children
Period of support: 1/01/2018 – 12/31/2018
Total costs: \$100,000

Title: **Enhancing sleep duration: effects of children's eating and activity behaviors**
Source: National Institutes of Health (R01 HL092910)
Role: Site PI/Chantelle Hart, PhD (Overall PI, Temple University)
Goals: To determine whether a behavioral intervention targeting sleep, eating, and activity in urban black youth improves their sleep duration and glycemic control more than an intervention focused on sleep alone.
Period of support: 9/1/17 – 12/31/2018
Total costs: \$3,780,320

Title: **Multi-site child care technical assistance evaluation project**
Source: American Heart Association (27558/7585)
Role: Site PI/Manica Ramos, PhD (Overall PI, Child Trends)
Goals: To evaluate “Healthy Way to Grow,” a technical assistance program for child care centers in six US communities to help them develop and implement wellness policies to prevent obesity.
Period of support: 09/05/2014 – 06/30/2018
Total costs: \$83,295

Title: **Epidemiology of parenting and childhood obesity**
Source: National Institutes of Health (R21 DK104188)
Role: Site PI/Sarah E. Anderson, PhD (Overall PI, The Ohio State University)

Goals: To determine whether family routines around sleep and meals, when practiced in the context of parental responsiveness, will reduce children's risk for obesity and excess weight gain by increasing their capacity for self-regulation.

Period of support: 4/15/15 - 3/31/18

Total costs: \$439,499

Title: Evaluation of professional development courses to increase trauma-awareness

Source: United Way of Greater Philadelphia and Southern New Jersey (17246)

Role: Principal Investigator

Goals: To evaluate the impact of a trauma-awareness professional development course on the quality of work functioning, work relationships, and health of early childhood education staff.

Period of support: 1/01/2017 – 12/30/2017

Total costs: \$80,000

Title: Impact evaluation of school start time changes

Source: Robert Wood Johnson Foundation (73346)

Role: Co-Principal Investigator with Judith Owens, MD, MPH (Boston Children's Hospital)

Goals: To determine, using a quasi-experimental research design, the impact of school start time changes on adolescents' sleep, mood, self-regulation, health, safety, and school functioning.

Period of support: 1/15/2016 – 1/14/2018

Total costs: \$384,571

Title: Maternal and child health measurement research network

Source: Health Resources & Services Administration, U.S. Department of Health and Human Services (UA6MC30375)

Role: Co-Investigator/Christina D. Bethell, PhD (PI, Johns Hopkins University)

Goals: To create a sustainable, interdisciplinary network to ensure data-driven innovation and shared accountability to improve outcomes and systems performance on behalf of the nation's children, youth, and families.

Period of support: 6/01/2017 – 8/31/2017

Total costs: \$25,000 (subcontract)

Title: Promotora-led lifestyle intervention to promote weight loss in Latinas at-risk for diabetes

Source: National Institutes of Health (K23 DK095981)

Role: Faculty mentor to PI: Matthew J. O'Brien, MD, MSc (Temple University School of Medicine then Northwestern Feinberg School of Medicine)

Goals: To develop and test a promotora-led lifestyle intervention to promote weight loss and lower diabetes risk in high-risk Latinas.

Period of support: 07/01/2012 – 06/30/2017
Total costs: \$1,165,124

Title: **Reducing solid fat and added sugar intakes in low-income preschoolers through environmental and behavioral portion size strategies**

Source: U.S. Department of Agriculture, National Institute of Food and Agriculture (2011-68001-30148)

Role: Co-Investigator/Jennifer O. Fisher, PhD (Co-PI, Temple University) & Elena L. Serrano, PhD (Co-PI, Virginia Polytechnic Institute and State University)

Goals: To reduce excessive energy intakes among low-income preschoolers through a community-level nutrition education program focused on reducing portion sizes of foods high in solid fats and added sugars.

Period of support: 03/01/2011 – 06/30/2017
Total costs: \$3,108,497

Title: **The impact of school start times on student sleep, health, and academic outcomes in Fairfax County Public Schools**

Source: Robert Wood Johnson Foundation (72459)

Role: Site PI/Deborah Temkin, PhD (Overall PI, Child Trends)

Goals: To collect baseline data on adolescent sleep, health, school engagement, safety, and academic achievement to evaluate the impact of shifts in school start times on these outcomes in a large suburban school district.

Period of support: 12/15/2014 – 12/14/2015
Total costs: \$300,000

Title: **Early risk factors for obesity: parenting, child behavior, and attachment**

Source: National Institutes of Health (R01 DK088913)

Role: Site PI/Sarah E. Anderson, PhD (Overall PI, The Ohio State University)

Goals: To determine how the emotional quality of early parent-child relationships affects the risk of childhood obesity.

Period of support: 09/01/2010 – 05/31/2015
Total costs: \$1,036,688

Title: **Diabetes prevention in Latinas**

Source: Department of Medicine Faculty Development Research Award, Temple University School of Medicine

Role: Primary faculty mentor to PI: Matthew J. O'Brien, MD, MSc (Temple University School of Medicine)

Goals: To develop a promotora-based intervention to prevent diabetes in Latinas using formative epidemiologic and qualitative methods.

Period of support: 07/01/2011 – 06/30/2013
Total costs: \$150,000

- Title:** **Head Start teachers' perceptions about physical activity in preschool programs**
- Source:** American Alliance for Health, Physical Education, Recreation and Dance Early Investigator Award
- Role:** Faculty mentor to PI: Jeffrey S. Gehris, PhD (Temple University)
- Goals:** To understand the perceptions of Head Start teachers about the role of physical activity in the overall development of preschool children and in early childhood education.
- Period of support:** 04/01/2010 – 08/31/2011
- Total costs:** \$6,390
- Title:** **The perceptions of Head Start teachers about physical activity in young children**
- Source:** Temple University, College of Health Professions, Interdisciplinary Research Incentive Award
- Role:** Co-Principal Investigator with Jeffrey S. Gehris, PhD (Co-PI, Temple University)
- Goals:** To understand the perceptions of Head Start teachers about the role of physical activity in the overall development of preschool children and in early childhood education.
- Period of support:** 06/1/2010 – 05/31/2011
- Total costs:** \$2,850
- Title:** **Household routines and the development of obesity in US preschool children**
- Source:** U.S. Department of Agriculture, Economic Research Service (59-5000-8-0128)
- Role:** Site PI/Sarah E. Anderson, PhD (Overall PI, The Ohio State University)
- Goals:** To determine whether the prevalence of obesity is lower among preschool children living in households with established routines around meals, sleep, television, and active play.
- Period of support:** 11/01/2008 – 10/31/2010
- Total costs:** \$155,000
- Title:** **Low-income mothers' perception of neighborhood safety and its relationship to daughters' physical activity**
- Source:** Robert Wood Johnson Foundation, Active Living Research Program, New Connections Grant (for junior investigators from underrepresented communities)
- Role:** Faculty Mentor to PI: Janice Johnson Dias, PhD (City University of New York/John Jay College of Criminal Justice)
- Goals:** To examine maternal perceptions of neighborhood safety and how these perceptions are related to their children's level of physical activity.
- Period of support:** 01/15/2009 – 07/14/2010

Total costs: \$49,469

Title: **Survey of eating environments and policies in Head Start**
Source: Robert Wood Johnson Foundation (63042)
Role: Principal Investigator
Goals: To conduct a survey of all Head Start programs about environments and policies related to healthy eating in preschool children.
Period of support: 09/01/2007 – 08/31/2009
Total costs: \$399,227

Title: **Survey of physical activity environments and policies in Head Start**
Source: Robert Wood Johnson Foundation (64114)
Role: Principal Investigator
Goals: To analyze and report on data from a survey of all Head Start programs about environments and policies related to physical activity in preschool children.
Period of support: 06/01/2008 – 05/31/2009
Total costs: \$35,000

Title: **Evaluation of the Head Start Region III “I Am Moving, I Am Learning” Program**
Source: Administration for Children and Families, U.S. Department of Health and Human Services (233-02-0086)
Role: Principal Investigator
Goals: To design and conduct an implementation evaluation of an obesity prevention program in 50 mid-Atlantic Head Start programs.
Period of support: 09/07/2006 – 06/30/2007
Total costs: \$598,985

Title: **A national study of public school food environments and policies**
Source: Robert Wood Johnson Foundation (57930)
Role: Principal Investigator
Goals: To examine the relationship between school food environments and policies and schools’ racial/ethnic composition and students’ dietary intake and body mass index.
Period of support: 06/15/2006 – 06/30/2007
Total costs: \$399,852

Title: **Food security, obesity and mental health in mothers and preschool children**
Source: U.S. Department of Agriculture, Economic Research Service (43-3AEM-4-80086)
Role: Principal Investigator

Goals: To examine the relationship between household food security and obesity and mental health in mothers and their preschool children in a national birth cohort.

Period of support: 10/01/2004 – 06/30/2007

Total costs: \$199,970

Title: Parental resources and child wellbeing

Source: National Institutes of Health (R01-HD41141)

Role: Site PI/Christine Paxson, PhD (Overall PI, Princeton University)

Goals: To examine how parental resources (economic resources, family structure, and mental and physical health) affect children's wellbeing, as measured by health status, cognitive development, and social and emotional adjustment.

Period of support: 09/18/2001 – 08/31/2006

Total costs: \$2,441,665

Title: Reversing the food industry trend of increasing portion sizes: understanding the marketplace and the implications for preventing childhood obesity

Source: Robert Wood Johnson Foundation (49916)

Role: Principal Investigator

Goals: To conduct an analysis of the potential impact of large portion sizes on the problem of childhood obesity, the factors leading to the production of large portion sizes by the food industry, and the factors that might reduce these portions sizes.

Period of support: 01/01/2004 – 12/31/2004

Total costs: \$54,345

Title: Informational report on evidenced-based literature for development of a childhood obesity interactive tool

Source: 8BAgency for Healthcare Research and Quality (290-04-0004)

Role: Principal Investigator

Goals: To conduct a literature review to evaluate the evidence of the relationship between various household behaviors and childhood obesity.

Period of support: 12/09/2003 – 01/18/2004

Total costs: \$26,349

Title: Environmental assessment of public recreation spaces

Source: Robert Wood Johnson Foundation

Role: Co-Investigator/Brian E. Saelens, PhD (PI, Cincinnati Children's Hospital Medical Center)

Goals: To develop an instrument to assess the characteristics of public recreation spaces that may be related to promoting physical activity through use of these spaces.

Period of support: 01/01/2003 – 12/31/2003

Total costs: \$98,298

Title: The epidemiology of body mass index rebound

Source: National Institutes of Health (R01HL/DK64022)

Role: Co-Investigator/ Stephen R. Daniels, MD, PhD (PI, Cincinnati Children's Hospital Medical Center)

Goals: To precisely determine the age of body mass index (BMI) rebound and to evaluate the body composition changes which occur during this time to determine if BMI rebound corresponds to a rebound in adiposity.

Period of support: 08/17/2000 – 06/30/2003

Total costs: \$3,278,836

Title: Parenting practices and obesity in low-income African American preschoolers

Source: U.S. Department of Agriculture, Economic Research Service, (43-3AEM-0-80078)

Role: Site PI and faculty mentor/Anjali Jain, MD (Overall PI, University of Chicago School of Medicine)

Goals: To develop a questionnaire for mothers of low-income African American preschoolers that can be used to assess obesity risk based on parenting attitudes and practices.

Period of support: 10/01/2000 – 06/30/2003

Total costs: \$260,000

Title: Obesity in low-income women and children

Source: U.S. Department of Agriculture, Economic Research Service (43-3-AEM-9-80100)

Role: Principal Investigator

Goals: To determine which low-income infants are at highest risk to become obese by four years of age.

Period of support: 10/01/1999 – 03/30/2003

Total costs: \$350,000

Title: Kentucky WIC obesity prevention project

Source: U.S. Department of Agriculture, Food and Nutrition Service (59-3198-8-500)

Role: Principal Investigator

Goals: To identify changes that state agencies and local WIC operations can make to address the problem of childhood obesity.

Period of support: 10/01/1999 – 09/30/2002

Total costs: \$497,227

Title: **The relationship between breast-feeding duration and obesity in low-income preschool children**

Source: University of Pittsburgh Medical Center Obesity/Nutrition Research Center

Role: Site PI and faculty mentor/Debra L. Bogen, MD (overall PI, University of Pittsburgh Medical Center)

Goals: To determine whether exposure to breast feeding reduces the risk of obesity at four years of age among low-income children.

Period of support: 07/01/2001 – 6/30/2002

Total costs: \$5,000

Title: **Obesity in low-income women and children**

Source: Cincinnati Children's Hospital Research Foundation (Trustee Award)

Role: Principal Investigator

Goals: To determine which low-income infants are at highest risk to become obese by four years of age.

Period of support: 07/01/1998 – 12/30/2000

Total costs: \$80,000

Title: **Risk of anemia in low-income, former premature and low-birth weight infants**

Source: Children's Hospital of Pittsburgh

Role: Site PI and faculty mentor/Debra L. Bogen, MD (overall PI, University of Pittsburgh Medical Center)

Goals: To determine whether mildly premature and/or low-birthweight infants are at increased risk for developing anemia in the first year of life.

Period of support: 07/01/1999 – 06/30/2000

Total costs: \$4,000

Title: **Maternal feeding and obesity in low-income preschool children**

Source: International Life Sciences Institute

Role: Principal Investigator

Goals: To identify maternal feeding behaviors and attitudes that promote the development of obesity in low-income children.

Period of support: 07/01/1999 – 06/30/2000

Total costs: \$17,000

Title: **Childhood predictors of adult obesity**

Source: Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Award (023861 University of Washington) (029717 University of Cincinnati)

Goals: To determine which measures, or combination of measures, available during infancy, childhood, and adolescence, best predict the development of adult obesity.

Role: Principal Investigator

Period of support: 07/01/1994 – 09/30/1998

Total costs: \$238,505

EDUCATIONAL CONTRIBUTIONS

GRADUATE COURSE INSTRUCTOR (TEMPLE UNIVERSITY)

I was the sole instructor of record for all courses listed. Each course was a full semester (3 credit hour course). During my time at Temple University (2007-2017), I taught one graduate course (combined masters and doctoral students) each semester except for my sabbatical year (fall 2013 and spring 2014).

Fall 2017	Epidemiology-Biostatistics 8011, <i>Social Epidemiology</i>
Spring 2017	Epidemiology-Biostatistics 8202, <i>Epidemiology Research Methods II</i>
Fall 2016	Epidemiology-Biostatistics 8011, <i>Social Epidemiology</i>
Spring 2016	Public Health 8202, <i>Epidemiology Research Methods II</i>
Fall 2015	Public Health 8011, <i>Social Epidemiology</i>
Spring 2015	Public Health 8202, <i>Epidemiology Research Methods II</i>
Fall 2014	Public Health 8011, <i>Social Determinants of Health</i>
Spring 2013	Public Health 8011, <i>Social Determinants of Health</i>
Fall 2012	Public Health 5101, <i>Introduction to Epidemiology</i>
Spring 2012	Public Health 8011, <i>Social Determinants of Health</i>
Fall 2011	Public Health 5101, <i>Introduction to Epidemiology</i>
Spring 2011	Public Health 8011, <i>Social Determinants of Health</i>
Fall 2010	Public Health 5101, <i>Introduction to Epidemiology</i>
Spring 2010	Public Health 8011, <i>Social Determinants of Health</i>
Fall 2009	Public Health 5101, <i>Introduction to Epidemiology</i>
Spring 2009	Public Health 5101, <i>Introduction to Epidemiology</i>
Fall 2008	Public Health 5101, <i>Introduction to Epidemiology</i>
Spring 2008	Public Health 5101, <i>Introduction to Epidemiology</i>
Fall 2007	Public Health 5101, <i>Introduction to Epidemiology</i>

GRADUATE INDEPENDENT STUDY SUPERVISION (TEMPLE UNIVERSITY)

Spring 2012	PH 9083, <i>Readings and Conferences in Public Health</i> [Identifying strength-based measures of child well-being], Brandon D. Becker
Sum II 2011	PH 9583, <i>Research in Public Health</i> [Descriptive analyses from the Head Start Family and Child Experiences Survey (FACES) 2006], Rachel A.

	Gooze, MPH
Sum I 2011	PH 9083, <i>Readings and Conferences in Public Health</i> [Literature review on food insecurity and obesity in young children], Rachel A. Gooze, MPH
Fall 2010	PH 9583, <i>Research in Public Health</i> [The perceptions of early childhood educators about physical activity in young children], Elizabeth M. Myers
Sum I 2008	PH 9083, <i>Readings and Conferences in Public Health</i> [Applied methods in qualitative data analysis and management related to childhood obesity prevention in WIC], Cayce C. Hughes
Sum I 2008	PH 9083, <i>Readings and Conferences in Public Health</i> [Application of geographic information systems to childhood obesity prevention in Head Start], Rachel A. Gooze

MASTER OF PUBLIC HEALTH RESEARCH INTERNSHIP SUPERVISOR (TEMPLE UNIVERSITY)

Spring 2012	PH 9389, <i>MPH Fieldwork II</i> , Allison N. Herman
Fall 2011	PH 9289, <i>MPH Fieldwork I</i> , Allison N. Herman
Spring 2011	PH 9389, <i>MPH Fieldwork II</i> , Elizabeth M. Myers [<i>Distinguished Internship Project Award in 2010-2011 from the Department of Public Health, College of Health Professions and Social Work, Temple University</i>]
Fall 2010	PH 9289, <i>MPH Fieldwork I</i> , Elizabeth M. Myers
Spring 2009	PH 9389, <i>MPH Fieldwork II</i> , Cayce C. Hughes
Spring 2009	PH 9389, <i>MPH Fieldwork II</i> , Rachel A. Gooze
Fall 2008	PH 9289, <i>MPH Fieldwork I</i> , Cayce C. Hughes
Fall 2008	PH 9289, <i>MPH Fieldwork I</i> , Rachel A. Gooze

PHD ADVISING (TEMPLE UNIVERSITY)

2016	Danielle N. Johnson, PhD (Department of Sociology, College of Liberal Arts). Dissertation Committee member (external). Dissertation completed May 2016 ["Quantifying the Effects of Community Health Center Access on Health for Medically-Vulnerable Populations"].
2012-2017	Brandon D. Becker, MPH, (Department of Social and Behavioral Sciences, College of Public Health). Primary Advisor and Committee Chair. Dissertation completed April 2017 ["Mindfulness and Work-Related Functioning among Head Start Staff"].
2010-2012	Rachel A. Gooze, MPH, PhD (Department of Public Health, College of Health professions and Social Work). Primary Advisor and Committee Chair. Dissertation completed December 2012 ["Workplace Stress and the Quality of Teacher-Child Relationships in Head Start"].
2009-2011	Ross Chafetz, DPT, MPH, PhD (Department of Public Health, College of Health professions and Social work). Primary Advisor and Committee Member. Dissertation completed June 2011 ["Risk of Obesity in Youth with Functional Limitations: Potential Mediating effect of Youth Lifestyle,

Social Participation, Parenting Experience and Neighborhood Social Capital”].

MASTER OF SCIENCE IN EPIDEMIOLOGY ADVISING (TEMPLE UNIVERSITY)

- 2017 Jennifer Shinefeld, Committee Member. [“Length of Time Injecting and its Association with Receptive Syringe Sharing among Persons Who Inject Drugs in Philadelphia, PA”].
- 2015-2016 Anna Stickler, Committee Chair. [“Differences by Gender in the Association between Adverse Childhood Experiences and Adult Mental Health”].
- 2015 Joshua K. Samayoa, Committee Chair. [“Anxiety Disorders and Workplace Performance”].
- 2013 Victor Alos, DMD, MPH, Committee Chair. [“Acculturation and the Prevalence of Diabetes in Adult Latinos: NHANES 2007-2010”].
- 2010 Rachel K. Myers, Committee Chair. [“Prevalence of Stalking Victimization among Female and Male Undergraduate Students”].

MASTER OF PUBLIC HEALTH RESEARCH INTERNSHIP REVIEWER (TEMPLE UNIVERSITY)

- Spring 2012 Khushi Malhotra, “PRESENCE: Clinical perspectives on enhancing the treatment of trauma across the lifecourse with therapeutic yoga.” (joint Master of Social Work)
- Spring 2010 Larry Lam, “Fatherhood and childhood obesity prevention.” (joint Master of Social Work)
- Spring 2009 Johnson P. Britto, MBBS, “Colorectal cancer screening.”

MEDICAL STUDENT SUMMER RESEARCH MENTORSHIP (COLUMBIA UNIVERSITY)

- Summer 2017 Alison McIlivride, Columbia-Bassett Program, [Qualitative analysis of strengths and challenges for young adults with type 1 diabetes]
- Summer 2017 Emma J. Gerstenzang, Columbia-Bassett Program, [Qualitative analysis of strengths and challenges for young adults with type 1 diabetes]
- Summer 2018 Samuel B. Burnim, MSc, Columbia-Bassett Program, [Qualitative impacts of “Enhancing Trauma Awareness” for early childhood educators]
- Summer 2018 Allison M. Saunders, Columbia-Bassett Program, [Qualitative impacts of “Enhancing Trauma Awareness” for early childhood educators]
- Summer 2018 Ellen L. Meyers, Columbia-Bassett Program, [Qualitative impacts of “Enhancing Trauma Awareness” for early childhood educators]
- Summer 2019 Ryan Huff, Columbia-Bassett Program, [Dispositional mindfulness and fatigue]
- Summer 2019 Liam Heneghan, Columbia-Bassett Program, [Dispositional mindfulness

	and fatigue]
Summer 2019	Kenneth Hubbell, Columbia-Bassett Program, [Dispositional mindfulness and fatigue]
Summer 2020	Amy Block, Columbia-Bassett Program, [The interaction of adverse childhood experiences and gender as risk factors for mental health and substance use disorders in US adults]
Summer 2020	Mary Howard Holderness, Columbia-Bassett Program, [The interaction of adverse childhood experiences and gender as risk factors for mental health and substance use disorders in US adults]
Summer 2020	Nicholas Waring, Columbia-Bassett Program, [The interaction of adverse childhood experiences and gender as risk factors for mental health and substance use disorders in US adults]
Summer 2021	Anne-Sophie van Wingerden, Columbia-Bassett Program, [An international study of family connection and flourishing in youth]
Summer 2021	Delaine Winn, Columbia-Bassett Program, [An international study of family connection and flourishing in youth]

MEDICAL STUDENT SENIOR SCHOLARLY PROJECT MENTORSHIP (COLUMBIA UNIVERSITY)

2015-2017	Kathryn E. Nagel, MD, Columbia-Bassett [The association of adverse childhood experiences and dispositional mindfulness with glycemic control in young adults with type 1 diabetes]
2020-2021	Devin Beecher, MD, Columbia-Bassett [The standardization of illness narratives]

GUEST LECTURES (PRIOR TO TEMPLE UNIVERSITY)

Invited guest lectures on clinical and public health topics while I was a pediatric faculty member at the University of Washington (1990-1996) and the University of Cincinnati (1996-2001).

11-7-2001	“Childhood obesity: diagnosis and management,” resident didactic conference, Crozer-Keystone Health System, Crozer-Chester Medical Center, Upland, PA
6-15-2000	“Childhood Obesity: Diagnosis and Management,” resident/student didactic conference, University of Cincinnati/Providence Hospital Family Medicine Program, Cincinnati, OH
10-6-1997	“Childhood Obesity,” resident/student didactic conference, Cincinnati Children’s Hospital Medical Center, Cincinnati, OH
5-19-1997	“Childhood Obesity,” resident/student didactic conference, Cincinnati Children’s Hospital Medical Center, Cincinnati, OH
10-3-1995	“Childhood Obesity,” resident/student didactic conference, Seattle Children’s Hospital, Seattle, WA

- 1-1994 to 3-1994 Small group discussion leader in Human Biology 555 (Medicine Health and Society), University of Washington School of Medicine, Seattle, WA
- 11-9-1994 "Tracking of Cardiovascular Disease Risk Factors," guest lecture in graduate course at the University of Washington School of Public Health and Community Medicine (Epidemiology 519, The Epidemiology of Cardiovascular Disease), Seattle, WA
- 12-12-1992 "Pediatric Risk Factors for Atherosclerosis," guest lecture in graduate course at the University of Washington School of Public Health and Community Medicine (Epidemiology 519, The Epidemiology of Cardiovascular Disease)
- 10-15-1992 "Newborn Screening," resident/student didactic conference, Children's Hospital Medical Center, Seattle, WA
- 1-1992 to 3-1992 Small group discussion leader in Human Biology 555 (Medicine Health and Society), University of Washington School of Medicine, Seattle, WA

CLINICAL TEACHING

A summary is provided below of my clinical care and precepting of medical students and pediatric residents during my time as a pediatric faculty member at the University of Cincinnati and Cincinnati Children's (1996-2001) and at the University of Washington and Seattle Children's (1990-1996).

- 7-1996 to 6-2001 **Attending Physician, Generalist Inpatient Service, Children's Hospital Medical Center, Cincinnati, OH.** Supervised residents (pediatric, medicine/pediatrics, and family medicine) and medical students providing inpatient care. Provided phone consultation to community practitioners.
- 7-1996 to 6-2001 **Attending Physician, Pediatric Primary Care Clinic, Cincinnati Children's Hospital Medical Center, Cincinnati, OH.** Provided direct patient care for both well-child and acute illness visits. Supervised residents (pediatric, medicine/pediatrics, and family medicine) and pediatric nurse practitioners providing well-child and acute illness care. Provided phone consultation to parents.
- 7-1992 to 6-1996 **Attending Physician and Consultant, Northwest Lipid Research Clinic, Harborview Medical Center, Seattle, WA.** Provided direct patient care for adults and children with disorders of lipid metabolism. Provided the primary specialty phone consultation to physicians in Washington, Alaska, Montana, and Idaho regarding children with disorders of lipid metabolism.
- 7-1992 to 6-1996 **Attending Physician, Medical Diagnostic Clinic, Seattle Children's Hospital, Seattle, WA.** Provided direct patient care and supervised pediatric residents. Conducted didactic teaching conference three times per week before clinic. Organized community experiences for pediatric residents to teach health education classes to middle school children and

to visit a developmental preschool.

- 7-1991 to 6-1996 **Attending Physician, Resident Continuity Clinic, Seattle Children's Hospital, Seattle, WA.** Provided direct patient care and supervised care provided by pediatric residents. Conducted didactic teaching conference before each week's continuity clinic session.
- 9-1990 to 6-1991 **General Pediatric Fellow, Department of Emergency Services, Seattle Children's Hospital, Seattle, WA.** Provided direct patient care and supervised care provided by medical students.

PUBLICATIONS

[\[LINK TO MYBIBLIOGRAPHY AT NCBI\]](#)

[\[LINK TO GOOGLE SCHOLAR CITATIONS\]](#)

- * denotes role as senior author
- § denotes role as co-first author
- † denotes student mentee (master's or doctoral student, post-doctoral fellow, medical student, or resident)
- ‡ denotes junior faculty mentee

PUB#

- 113 **Whitaker RC**, Dearth-Wesley T, Herman AN, Block AE[†], Holderness MH[†], Waring NA[†], Oakes JM. The interaction of adverse childhood experiences and gender as risk factors for depression and anxiety disorders in US adults. *BMC Public Health*. 2021;21:2078. DOI: 10.1186/s12889-021-12058-z
- 112 Nagel KE[†], Dearth-Wesley T, Herman AN, Smith HG[†], **Whitaker RC***. Diabetes distress and glycaemic control in young adults with type 1 diabetes: associations by use of insulin pumps and continuous glucose monitors. *Diabet Med*. 2021;38:e14660. DOI: 10.1111/dme.14660
- 111 **Whitaker RC**, Herman AN, Dearth-Wesley T. Death from COVID-19 as context for early childhood education. *JAMA Pediatr*. 2021;175(11):1176-1178. DOI: 10.1001/jamapediatrics.2021.2348.
- 110 **Whitaker RC**, Dearth-Wesley T, Herman AN. The association of daily spiritual experiences with depression among Head Start staff. *Early Child Res Q*. 2021;56:65-77. DOI: 10.1016/j.ecresq.2021.03.001
- 109 **Whitaker RC**, Dearth-Wesley T, Herman AN. Childhood family connection and adult flourishing: associations across levels of childhood adversity. *Acad Pediatr*. 2021;21(8):1380-1387. DOI: 10.1016/j.acap.2021.03.002
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- 105 **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.ypped.2019.105873
- 104 **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
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- 102 **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. PMCID: PMC6487571
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- 83 **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.
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[Primary author contributions for Chapter 2. Extent and consequences of childhood obesity; Chapter 3. Developing an action plan; and Chapter 8. Home]

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PUBLISHED ABSTRACTS

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23. Jain A‡, Sherman, SN, Chamberlin, LA, Carter Y, Powers SW, **Whitaker RC***. Why don't low-income mothers worry about their preschoolers being overweight? *Pediatric Res.* 2001;40:143A. (abstract no. 804)
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INVITED AND/OR PEER-SELECTED PRESENTATIONS AT INTERNATIONAL, NATIONAL, OR REGIONAL LEVELS

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

1. Moving toward flourishing for US children: building family resilience and connection amidst ongoing adversity. Bethell C, **Whitaker RC**, Gombojav N. American Public Health Association Annual Meeting, Philadelphia, PA, November 5, 2019.
2. Moving toward flourishing for US children: building family resilience and connection amidst ongoing adversity. Bethell C, **Whitaker RC**, Gombojav N. Pediatric Academic Societies Meeting, Baltimore, MD, April 29, 2019.
3. Understanding gender-differences in the association of toddler self-regulation with obesity at kindergarten-age. Anderson SE, **Whitaker RC**. Society for Research in Child Development, Baltimore, MD, March 21, 2019.
4. New national and across-state findings on flourishing among US children: implications for approaches to identify and address health and social risks in children's health services. Bethell C, **Whitaker RC**, Gombojav N, Murphy C. Academy Health, Seattle, WA, June 26, 2018.
5. 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.
6. Bench to bell time and beyond: interdisciplinary strategies for translating the science of adolescent sleep into policy. Iber C, Drobnich D, Malone S, Owens J, Troxel W, Wahlstrom K, **Whitaker RC**. 32nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD, June 6, 2018.
7. Effects of positive experiences on child health and flourishing in the face of adversity: results from the National Survey of Children's Health. Bethell C, Gombojav N, Murphy C, Powers K, **Whitaker RC**. American Public Health Association Meeting. Atlanta, GA, November 6, 2017.
8. The effects of positive experiences on child health and flourishing in the face of adversity: results from the National Survey of Children's Health. Bethell C, Gombojav N, Murphy C, Powers K, **Whitaker RC**. Academy Health, New Orleans, LA, June 26, 2017. (poster)
9. PREVENT-DM Comparative Effectiveness Trial of Lifestyle Intervention and Metformin. O'Brien MJ†, Perez A, Scanlan A, Alos VA, **Whitaker RC**, Foster GD, Ackermann RT, Ciolino JD, Homko C. The American Diabetes Association 77th Scientific Sessions, San Diego, CA, June 13, 2017.
10. Building food parenting skills to reduce solid fat and added sugar intake among low-income preschoolers: the Food, Fun, and Families (FFF) intervention. Fisher JO, Serrano E, Foster GD, Hart C, Bruton Y, **Whitaker RC**, Davey A, Lawman H, Ruth K. Internal Society for Behavioral Nutrition and Physical Activity, Victoria, BC, Canada, June 8, 2017.

11. The association between dispositional mindfulness and management self-efficacy among early childhood education managers in Head Start. Becker BD, **Whitaker RC**. College of Public Health Research Day, Temple University, Philadelphia, PA, April 21, 2017. (poster)
12. Maternal responsiveness, toddler self-regulation and bedtime routines: influences on obesity at age 5.5 years in a national sample. Anderson SE, Chavez S, **Whitaker RC**. Society for Research in Child Development Biennial Meeting, Austin, TX, April 6, 2017. (poster)
13. Reducing solid fat and added sugar intakes in low-income preschoolers through environmental and behavioral portion size strategies. Fisher JO, Serrano ES, Foster GD, Hart CN, **Whitaker RC**, Bruton YP, Songer AS, Meredith EM, Davey A. Society for Nutrition Education and Behavior, San Diego, CA, July 30-August 2, 2016.
14. 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.
15. Educational attainment and the risk of incident diabetes in the Diabetes Prevention Program. O'Brien M, **Whitaker RC**, Yu D, Ackermann RT. The American Diabetes Association 75th Scientific Sessions, Boston, MA, June 6, 2015. (poster)
16. Mindfulness among home visitors in Head Start and the quality of their relationships with parents. Becker BD, Patterson F, Fagan JS, **Whitaker RC**. College of Public Health Research Day, Temple University, Philadelphia, PA, April 28, 2015. (poster)
17. The feasibility, acceptability, and preliminary effectiveness of a Promotora-Led Diabetes Prevention Program in Latinas: a pilot study. Perez A, Alos V, **Whitaker RC**, Ciolino JD, Mohr, DC, Ackermann RT, O'Brien MJ. The American Medical Women's Association, Chicago, IL, April 25, 2015 (poster).
18. Acceptability and feasibility of the feeding, fun and families intervention for reducing solid fat and added sugar intakes among low-income preschoolers. Bruton YP, Orloski AM, Lawman GD, Foster GD, **Whitaker RC**, Serrano EL, Davey A, Fisher JO. Annual Meeting of The American Public Health Association, New Orleans, LA, November 15–19, 2014 (poster).
19. 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).
20. Reducing solid fat and added sugar intakes in low-income preschoolers through environmental and behavioral portion size strategies. Fisher JO, Serrano EL, Foster GD, **Whitaker RC**. Annual Conference of the Society for Nutrition Education and Behavior, Milwaukee, WI, July 1, 2014 (poster).
21. Acculturation and the prevalence of diabetes in US Latino adults, NHANES 2007-2010. O'Brien MJ, Alos VA, Davey A, Bueno A, Whitaker, RC. The American Diabetes

- Association 74th Scientific Sessions, San Francisco, CA, June 13, 2014 (poster)
22. Reducing solid fat and added sugar intakes in low-income preschoolers through environmental and behavioral portion size strategies. Fisher JO, Serrano EL, Foster GD, **Whitaker RC**. Annual Conference of the Society for Nutrition Education and Behavior, Portland, OR, August 12, 2013 (poster).
 23. Acceptability and feasibility of the Feeding, Families, and Fun Intervention for reducing solid fat and added sugar intakes among low-income preschoolers. Bruton YP, Orloski A, Lawman HG, Foster GD, **Whitaker RC**, Serrano EL, Fisher JO. The Obesity Society, Atlanta, GA, November 13, 2013 (poster).
 24. The association between obesity and health-related quality of life among urban Latinos. O'Brien MJ, Wanat K, Kovarik C, Foster GD, **Whitaker RC**. The Obesity Society, Atlanta, GA, November 11, 2013 (poster).
 25. The mental and physical health of Head Start staff in Pennsylvania. Becker BD, **Whitaker RC**. College of Health Professions and Social Work Research Day, Temple University, Philadelphia, PA, April 26, 2013. (poster) [Served as the primary mentor for this research for which Mr. Becker was awarded Meritorious Student Scientific Poster Presentation]
 26. Snacks are not food: low-income mothers' definitions and feeding practices around child snacking. Fisher JO, Wright G, Herman AN, Malhotra K, Serrano EL, Foster GF, **Whitaker RC**. Experimental Biology Meetings, Boston, MA, April 20, 2013.
 27. Mother-infant interactions at 9 months of age predict obesity risk at age 5.5 years. Anderson SE, Lemeshow S, **Whitaker RC**. The Obesity Society, San Antonio, TX, September 23, 2012.
 28. Obesity and food insecurity at the same table: how Head Start programs respond. Gooze RA, **Whitaker RC**. Head Start's 11th National Research Conference, Washington, DC, June 19, 2012. (poster)
 29. Differences in diabetes-related behaviors between Latinas and non-Latinas in California. O'Brien MJ, Davey A, Alos V, **Whitaker RC**. American Diabetes Association, 72nd Scientific Sessions, Philadelphia, PA, June 10, 2012. (poster)
 30. What influences low-income mothers' feeding decisions with their preschoolers? Herman A, Malhotra K, Wright G, Fisher JO, **Whitaker RC**. College of Health Professions and Social Work Research Day, Temple University, Philadelphia, PA, April 26, 2012. (poster)
 31. Perceptions of Head Start teachers about children's physical activity. Gehis JS, Gooze RA, **Whitaker RC**. American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition, Boston, MA, March 16, 2012.
 32. Head Start teachers' perceptions of the developmental role of physical activity in young children. Myers EM, Gehris JS, Gooze RA, Whitaker, RC. College of Health Professions and Social Work Research Day, Temple University, Philadelphia, PA, April 28, 2011. (poster) [Served as the primary mentor for this research for which Ms. Myers was

- awarded Meritorious Student Scientific Poster Presentation].
33. Bedtime bottle use at 24 months of age and risk for obesity 2 years later in a national study of US children. Gooze RA, **Whitaker RC**, Anderson SE. The Obesity Society, San Diego, CA, October 10, 2010. (poster)
 34. A national survey of current physical activity practices in Head Start. Gooze RA, Hughes CC, **Whitaker RC**. College of Health Professions Research Day, Temple University, Philadelphia, PA, April 16, 2009. (poster) [Served as the primary mentor for this research for which Ms. Gooze was awarded Meritorious Student Scientific Poster Presentation]
 35. A national survey of physical activity practices in Head Start. Gooze RA, Hughes CC, **Whitaker RC**. Active Living Research Annual Conference, San Diego, CA, February 18, 2009. (poster)
 36. Survey of eating environments and policies in Head Start. **Whitaker RC**. Robert Wood Johnson Foundation Healthy Eating Research Program Annual Grantee Meeting, Minneapolis, MN, October 16, 2008.
 37. Survey of healthy activity and eating practices and environments in Head Start (SHAPES), **Whitaker RC**. The Obesity Society, Phoenix, AZ, October 5, 2008.
 38. The quality of food environments in US public schools: a national study. Finkelstein DM, Hill EL, **Whitaker RC**. The Obesity Society, New Orleans, LA, October 22, 2007.
 39. Breastfeeding, introduction of complementary foods, and adiposity at 5 years of age. Burdette HL, **Whitaker RC**, Hall WC, Daniels SR. North American Association for the Study of Obesity, Vancouver, BC, November 16, 2005. (poster)
 40. National study of neighborhood safety, outdoor play, TV viewing, and obesity in preschool children. Burdette HL, **Whitaker RC**, Wadden TA. North American Association for the Study of Obesity, Las Vegas, NV, November 17, 2004. (poster)
 41. Environmental assessment of public recreation spaces (EAPRS): measurement development. Leary LE, Saelens BE, Frank LD, Auffrey C, **Whitaker RC**, Burdette HL. 25th Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD, March 25, 2004.
 42. Validation study of time spent outdoors as a surrogate measure of physical activity in preschoolers. Burdette HL, **Whitaker RC**, Claytor RP, Khoury PR, Daniels SR. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 28-31, 2003. (poster)
 43. Validation study of time spent outdoors as a surrogate measure of physical activity in preschool children. Burdette HL, **Whitaker RC**, Daniels SR. Pediatric Academic Societies Meeting, Seattle, WA, May 5, 2003. (poster)
 44. Does breastfeeding reduce the risk of obesity in low-income preschoolers? Bogen DL, **Whitaker RC**. Pediatric Academic Societies Meeting, Baltimore, MD, May 7, 2002. (poster)
 45. The relationship of well-being in low-income mothers to emotional and social

- functioning (PedsQL[®]) in their preschool children. Burdette HL, Kahn RS, Harvey-Berino J, **Whitaker RC**. Pediatric Academic Societies Meeting, Baltimore, MD, May 7, 2002. (poster)
46. Maternal depression and obesity predict television viewing in low-income preschool children. Burdette HL, Harvey-Berino J, Kahn RS, **Whitaker RC**. Pediatric Academic Societies Meeting, Baltimore, MD, May 7, 2002. (poster)
 47. Breastfeeding duration and obesity in low-income, four-year-old children. Bogen DL, Whitaker, RC. North American Association for the Study of Obesity, San Diego, CA, February 25, 2002.
 48. The challenge of obesity prevention: perceptions of WIC health professionals. Chamberlin LA, Sherman SN, Jain A, Powers SW, **Whitaker RC** (presenter). 129th Annual Meeting of the American Public Health Association, Atlanta, GA, October 23, 2001.
 49. Television viewing and outdoor time in low-income preschool children: relationship to depression, perceived stress, and BMI in their mothers. Burdette HL, **Whitaker RC**, Harvey-Berino J. North American Association for the Study of Obesity, Quebec City, Canada, October 8, 2001.
 50. A longitudinal study of the role of depression in the development and persistence of adolescent obesity. Goodman E, **Whitaker RC**. North American Association for the Study of Obesity, Quebec City, Canada, October 10, 2001.
 51. Maternal obesity at conception predicts obesity in low-income preschool children. **Whitaker RC**, Chen B, Chamberlin, LA. North American Association for the Study of Obesity, Quebec City, Canada, October 8, 2001.
 52. Prevalence of depression, anxiety and somatic symptoms in mothers of children presenting to a pediatric emergency department. Grupp-Phelan J, **Whitaker RC**, Naish AB. Pediatric Academic Societies Meeting, Baltimore, MD, April 30, 2001.
 53. Why don't low-income mothers worry about their preschoolers being overweight? Jain A, Sherman, SN, Chamberlin LA, Carter Y, Powers SW, **Whitaker RC**. Pediatric Academic Societies Meeting, Baltimore, MD, May 1, 2001.
 54. Predicting childhood obesity at birth. **Whitaker RC**, Chen B, Chamberlin LA. Pediatric Academic Societies Meeting, Baltimore, MD, April 28, 2001. (poster)
 55. Why don't mothers think their overweight children are overweight? Jain A, Sherman SN, Chamberlin LA, Carter Y, Powers SW, **Whitaker RC**. North American Association for the Study of Obesity Annual Meeting, Long Beach, CA, October 31, 2000.
 56. Factor analysis of an infant feeding practices questionnaire and factor relationships to weight in the second year of life. Baughcum AE, **Whitaker RC**, Chamberlin LA, Deeks CM, Johnson SB, and Powers SW. Great Lakes Regional Millenium Conference on Child Health Psychology, Cleveland, OH, April 1, 2000. (poster)
 57. Maternal education level and perception of overweight in their young children. Chamberlin LA, Baughcum AE, Deeks CM, Brown EH, Powers SW, **Whitaker RC**.

- International Life Sciences Institute Conference on Childhood Obesity, Atlanta, GA, May 3, 1999. (poster)
58. Maternal perceptions of overweight in their young children. Baughcum AE, **Whitaker RC**, Chamberlin LA, Deeks CM, and Powers SW. 7th Annual Conference on Child Health Psychology, Gainesville, FL, April 23, 1999. (poster)
 59. Maternal feeding practices and childhood obesity: a focus group study of low-income mothers. Burklow KA, Baughcum AE, Deeks CM, Powers SW, **Whitaker RC**. Great Lakes Regional Conference on Child Health Psychology, Louisville, KY, May 14, 1998.
 60. The Generalist Inpatient Service: a model for general pediatric inpatient care. Bellet PS, **Whitaker RC**, DeWitt TG. 38th Annual Meeting of the Ambulatory Pediatric Association, New Orleans, LA, May 1, 1998.
 61. Do overweight infants become obese adults? **Whitaker RC**, Wright JA, Pepe MS, Seidel KD, Dietz WH. 6th National Program Meeting of the Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program, San Diego, CA, December 4, 1997.
 62. Do overweight infants become obese adults? **Whitaker RC**, Wright JA, Pepe MS, Seidel KD, Dietz WH. North American Association for the Study of Obesity Annual Meeting, Cancun, Mexico, November 13, 1997.
 63. Is an early age of adiposity rebound associated with adult obesity? **Whitaker RC**, Pepe MS, Wright JA, Seidel KD, Dietz WH. 37th Annual Meeting of the Ambulatory Pediatric Association, Washington, DC, May 3, 1997.
 64. Predicting adult obesity at birth. **Whitaker RC**, Wright JA, Pepe MS, Seidel KD, Dietz WH. 37th Annual Meeting of the Ambulatory Pediatric Association, Washington, DC, May 3, 1997.
 65. Predicting adult obesity given childhood and parent obesity. **Whitaker RC**, Wright JA, Pepe MS, Seidel KD, Dietz WH. 37th Annual Meeting of the Ambulatory Pediatric Association, May 3, 1997, Washington, DC.
 66. Prediction of adult obesity from childhood and parent obesity. **Whitaker RC**, Wright JA, Pepe MS, Seidel KD, Dietz WH. 5th National Program Meeting of the Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program, San Antonio, TX, December 11, 1996.
 67. Gestational diabetes and the risk of offspring obesity. **Whitaker RC**, Pepe MS, Seidel KD, Wright JA, Knopp RH. North American Association for the Study of Obesity Annual Meeting, Breckenridge, CO, October 13, 1996.
 68. Food waste and caloric intake in an elementary school lunch program. **Whitaker RC**, Wright JA, Finch AJ, Lewis LD. Ambulatory Pediatric Association District IX and X Annual Meeting, Carmel, CA, February 11, 1995.
 69. When is it cost-effective to test preadolescents for hepatitis B immunity before vaccination? Kwan-Gett TSC, **Whitaker RC**, Kemper KJ. 34th Annual Meeting of the Ambulatory Pediatric Association, Seattle, WA, May 4, 1994 (poster).

70. Is it cost-effective to test preadolescents for hepatitis B immunity before vaccination? Kwan-Gett TSC, **Whitaker RC**, Kemper KJ. Ambulatory Pediatric Association, District IX and X Meeting, Carmel, CA, February 13, 1994. [*Served as the primary mentor for this research for which Dr. Kwan-Gett was awarded Outstanding Presentation by Student, Resident, or Fellow at this meeting*]
71. A parent-directed intervention to increase children's selection of low-fat foods in a school lunch program. **Whitaker RC**, Wright JA, Psaty BM, Finch AJ. 33rd Annual Meeting of the Ambulatory Pediatric Association, Washington, DC, May 4, 1993. (poster)
72. Can parents increase children's selection of low-fat foods at lunch? **Whitaker RC**, Wright JA, Psaty BM, Finch AJ. 14th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, March 12, 1993.
73. Feeding and eating attitudes in mothers of undernourished children. Wright JA, Bavins BL, Bennett-Kaufman ML, **Whitaker RC**. Ambulatory Pediatric Association, District IX and X Meeting, Carmel, CA, February 21, 1993.
74. Will school children "eat healthy" by choice? **Whitaker RC**, Wright JA, Finch AJ, Psaty BM. The Robert Wood Johnson Foundation Clinical Scholars Program, National Meeting, Ft. Lauderdale, FL, November 12, 1992.
75. An intervention to reduce the fat content of school lunches. **Whitaker RC**, Wright JA, Finch AJ, Psaty BM. 32nd Annual Meeting of the Ambulatory Pediatric Association, Baltimore, MD, May 5, 1992.
76. School lunches: can they meet current dietary recommendations for children? **Whitaker RC**, Finch AJ, Wright JA, Psaty BM. Ambulatory Pediatric Association District IX and X Annual Meeting, Carmel, CA, February 9, 1992. [*Awarded Outstanding Presentation by Student, Resident, or Fellow at this meeting*]

INVITED LECTURES

All presented by Robert C. Whitaker, MD, MPH

NATIONAL

1. The Head Start workforce: from trauma in childhood to flourishing with adversity at work in adulthood. Office of Head Start. Mental Health Workgroup of the Head Start National Training and Technical Assistance Centers (via conference call), July 15, 2021 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
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 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
3. Learning and teaching the science of the art of healing: the role of a liberal arts education. Institute on Aging, University of Wisconsin, Madison, Wisconsin, July 18, 2018.
4. The impacts of trauma awareness training on the emotional well-being of teachers

- working with preschool-aged children from low-income families. Roundtable Meeting on Emotional Well-Being: Emerging Insights and Questions for Future Research, National Institutes of Health, Bethesda, MD, April 4, 2018.
5. Addressing the health and well-being of Head Start staff: the role of trauma awareness. National Head Start Association Winter Leadership Institute, Washington, DC, January 23, 2018 (with Allison N. Herman, MEd, MPH).
 6. Healing children as a shared creative process. Children's Spirituality Symposium, 2017: Creativity, Collaboration and Communication. Children's Health Dallas, Dallas, TX, April 21, 2017.
 7. Teachers' dispositional mindfulness and the quality of their relationships with children in Head Start classrooms. Society for Research on Educational Effectiveness Annual Meeting. Washington, DC, March 2, 2017.
 8. Biopsychosocial risk factors for childhood obesity: the role of self-regulation. National Academy of Medicine Annual Meeting. Health Disparities and Population Health Interest Groups. Washington, DC, October 16, 2016.
 9. Stress and resilience in Head Start staff. National Research Conference on Early Childhood. Washington, DC, July 11, 2016.
 10. Arts in education to promote well-being: the Waldorf system of education. Institute on Aging, University of Wisconsin, Madison, Wisconsin, May 12, 2016.
 11. A quasi-experimental study of the impact of school start time change on adolescents' sleep, health, and academic performance. 37th Annual Meeting of the Society of Behavioral Medicine, Washington, DC, April 1, 2016.
 12. Spirituality and health in children. North American Godly Play Conference, Sewanee, Tennessee, July 30, 2015.
 13. Understanding stress and supporting resilience in Head Start staff: the Pennsylvania Head Start Staff Wellness Survey. National Head Start Conference, National Head Start Research Institute. Washington, D.C., April 1, 2015 (with Kathleen C. Gallagher, PhD).
 14. Mindfulness and workplace functioning among home visitors in Early Head Start. National Summit on Quality in Home Visiting Programs: Connecting Research to Policy and Practice. Washington, D.C., January 29, 2014.
 15. Modeling adult eating competence for Head Start children: the role of stress, depression, sleep and mindfulness. National Head Start Association Health Institute on Weight and Wellness. Atlanta, GA, December 9, 2013.
 16. Evidence and next steps for preventing and addressing obesity. Elements of designing systematic strategies for obesity reduction and prevention programs. The Brookings Institution, Washington, DC, November 1, 2013.
 17. The relationship of adverse childhood experiences to health and well-being among Head Start staff. Administration for Children and Families, U.S. Department of Health and Human Services, Washington, DC, July 9, 2013.

18. Enriching the spiritual realm in pediatric care: addressing the unmet needs of children, families and care providers. Symposium on the Spirituality of Children in the Hospital Setting, Dallas Children's Medical Center, Dallas, TX, March 18, 2013.
19. The Pennsylvania Head Start Staff Wellness Survey: a successful academic and community partnership. The National Head Start Association Winter Leadership Health Institute, Washington, DC, January 29, 2013 (with Rachel A. Gooze, PhD, MPH, Allison N. Herman, MEd, MPH, and Brandon D. Becker, MPH).
20. Neighborhoods, obesity and diabetes: a randomized social experiment. The Obesity Society, San Antonio, TX, September 21, 2012. (plenary presentation)
21. Moving to low-poverty neighborhoods lowers risk of obesity and diabetes for poor women. Press conference at the U.S. Department of Housing and Urban Development, Washington, DC, October 18, 2011 (with Lawrence F. Katz, PhD, Harvard University and Jens Ludwig, PhD, University of Chicago)
22. The importance of staff health and well-being for children's learning and development. Office of Head Start 1st National Birth-to-Five Leadership Institute, Washington, DC, October 3, 2011.
23. Physical activity and school readiness. Office of Head Start 1st National Birth-to-Five Leadership Institute, Washington, DC, October 3, 2011 (with Jeffrey S. Gehris, PhD, Temple University).
24. Child risk factors for obesity: ages 2 to 7 years. Northwestern University Feinberg School of Medicine, Chicago, IL, September 30, 2010. Summary published in: Christoffel KK, Wang X, Binns HJ. Early origins of child obesity: bridging disciplines and phases of development - September 30–October 1, 2010. *Int J Environ Res Public Health*. 2012;9(4):1227-6 (see pages 1239-40 for summary)
25. Research recommendations for obesity prevention among children in WIC. Health Impacts of WIC: Planning a Research Agenda. Institute of Medicine. Washington, DC, July 20, 2010.
26. Strategies for childcare settings to prevent obesity among infants and toddlers. Frank Porter Graham Child Development Institute, University of North Carolina, Chapel Hill, NC, May 6, 2010.
27. Obesity prevention in Head Start: perceived barriers among programs, staff, and parents. 5th Biennial Childhood Obesity Conference, Los Angeles, CA, June 11, 2009.
28. The Survey of Healthy Activity and Eating Practices and Environments in Head Start (SHAPES): federal briefing on preliminary findings. Head Start's 9th National Research Conference, Washington, DC, June 25, 2008.
29. The relationship between maternal well-being and child behavior problems: implications for home-visiting programs. National Center for Children in Poverty, Mailman School of Public Health, Columbia University, New York, NY, December 4, 2007.
30. Establishing household practices to reduce the intergenerational transmission of obesity. Development, Epigenetics and the Diabesity Epidemic, The New York Academy of Sciences, New York, NY, April 15, 2008.
31. Evaluating WIC: measurable versus meaningful outcomes. Food Assistance Research Conference: Recent Findings and Emerging Issues, 2006. USDA, Economic Research

- Service, Food Assistance and Nutrition Research Program, Washington, DC, February 15, 2006.
32. Obesity and socioeconomic status in US preschool children: the Fragile Families and Child Wellbeing Study. Food Assistance Research Conference: Recent Findings and Emerging Issues, 2005. USDA, Economic Research Service, Food Assistance and Nutrition Research Program, Washington, DC, February 17, 2005.
 33. Promising paths to promoting child health and preventing obesity. W.K. Kellogg Foundation, Battle Creek, MI, June 4, 2004.
 34. Evidence-based review for the development of a childhood obesity prevention interactive tool. Agency for Healthcare Research and Quality. Washington, D.C, January 20, 2004.
 35. Obesity among low-income families enrolled in the WIC Program: a video documentary of parent and provider perceptions. Symposium on Sociocultural Factors in Childhood Obesity and Related Metabolic Disorders. North American Association for the Study of Obesity Pediatric Obesity Interest Group, Quebec City, Canada, October 6, 2001.
 36. Predicting childhood obesity at birth: implications for WIC. National Association of WIC Directors Annual Conference, Myrtle Beach, SC, May 8, 2001. (plenary presentation)
 37. Predicting childhood obesity at birth: implications for the WIC Program. Food Assistance and Nutrition Research: Recent Findings and Emerging Issues. USDA, Economic Research Service, Food Assistance and Nutrition Research Program, Washington, DC, May 1, 2001.
 38. Obesity: causes and consequences. Developmental periods of risk. 30th Anniversary Meeting of the Institute of Medicine, National Academy of Sciences, Washington, DC, October 16, 2000.
 39. Review of risk-factors for childhood obesity. USDA, Food and Nutrition Service, Risk Identification and Selection Collaborative, Alexandria, VA, May 31, 2000.
 40. Psychosocial factors influencing food choices and activity levels. Behavioral Nutrition Research Roundtable. USDA, Research, Education, and Economics, New Orleans, LA, January 14, 2000.
 41. Childhood nutrition research needs. Round Table Discussion on Identifying Research Priorities for Fiscal Year 2000. USDA, Economic Research Service, Food Assistance and Nutrition Research Program, Washington, DC, November 16, 1999.
 42. Epidemiology of childhood obesity: implications for prevention. Pediatric Academic Societies Meetings, San Francisco, CA, May 2, 1999. (plenary presentation)
 43. The epidemiology and scope of the problem of childhood obesity: implications for prevention. American Diabetes Association, 58th Scientific Sessions, Chicago, IL, June 15, 1998. (plenary presentation)
 44. Practical approaches to research in managed-care settings. 5th National Program Meeting of the Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program, San Antonio, TX, December 13, 1996.
 45. The role of the prenatal environment in the development of childhood obesity. Prevention and Treatment of Childhood Obesity: Research Directions. National

Institutes of Health, National Task Force on Prevention and Treatment of Obesity, and the International Life Sciences Institute, Bethesda, MD, September 11, 1995.

LOCAL AND REGIONAL

1. An international study of family connection and flourishing in adolescents. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, September 21, 2021 (with Tracy Dearth-Wesley, PhD, MPH and Allison N. Herman, MEd, MPH).
2. 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 (with Tracy Dearth-Wesley, PhD, MPH and Allison N. Herman, MEd, MPH).
3. Transforming developmental trauma into flourishing. Carolina Consortium on Human Development, University of North Carolina, Chapel Hill, NC, November 18, 2019.
4. Flourishing with adversity: the well-being of US children. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, September 17, 2019.
5. Digital technology, relational awareness, and flourishing. The Waldorf School of Philadelphia, Philadelphia, PA, April 24, 2019.
6. Improving relationships with children and families: finding your trauma lens. The School District of Philadelphia, Philadelphia, PA, April 10, 2019 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
7. A randomized trial of a professional development course to increase trauma-informed care. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, March 19, 2019 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
8. 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 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
9. Connecting social inequities to adverse childhood experiences to health. Delivery System Reform Incentive Payment Program, Leatherstocking Collaborative Health Partners, Cooperstown, NY, November 6, 2018
10. Results of a randomized trial evaluating “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 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).
11. Increasing trauma awareness in health, education, and human services. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, June 12, 2018.
12. An evaluation of “Enhancing Trauma Awareness” in early childhood education. Institute for Family Professionals, Lakeside Global Institute, Philadelphia, PA, November 15, 2017 (with Allison N. Herman, MEd, MPH and Tracy Dearth-Wesley, PhD, MPH).

13. New directions in obesity prevention: supporting self-regulation. Temple University Obesity Research Day. Temple University, Philadelphia, PA October 14, 2016.
14. Training medical students to address root causes of health. Columbia-Bassett Program of Columbia University's College of Physician and Surgeons, Cooperstown, NY, December 17, 2015.
15. Adverse childhood experiences and health among early childhood educators: The Pennsylvania Head Start Staff Wellness Survey. The Maternity Care Coalition, Philadelphia, PA, September 30, 2015.
16. Relationships heal. Commencement address for the medical school graduates of the Columbia-Bassett Program of Columbia University's College of Physician and Surgeons, Cooperstown, NY, May 17, 2015.
17. Mindfulness as resilience among early childhood educators: the Pennsylvania Head Start Staff Wellness Survey. Frank Porter Graham Child Development Institute, University of North Carolina, Chapel Hill, NC, February 10, 2014.
18. Addressing the impacts of childhood trauma on the health and well-being of Head Start staff. Community Services for Children. Allentown, PA. May 22, 2013.
19. Addressing staff wellness in early childhood education. Workshop presented at the Pennsylvania Head Start Association's Annual Conference. Head Start: Making a Difference from Head to Toe. Gettysburg, PA, April 11, 2013.
20. The Pennsylvania Head Start Staff Wellness Survey: review of preliminary findings. The Pennsylvania Head Start Association's 2013 February Board Meeting, Harrisburg, PA, February 27, 2013.
21. How childhood memories influence mothers' feeding practices with their preschoolers. Illinois Transdisciplinary Obesity Prevention Program, University of Illinois, Urbana-Champaign, IL, October 17, 2012.
22. Meaningful feeding: understanding the role of mothers' childhood memories. North, Inc. (The Philadelphia WIC Program), Philadelphia, PA, October 16, 2012 (with Allison N. Herman, MEd, MPH)
23. The psychobiology of stress. Peuntes de Salud, Philadelphia, PA, October 3, 2012.
24. Health and well-being survey of Head Start staff. Workshop on Reports for Head Start Leaders. Pennsylvania Early Childhood Education Summit, State College, PA, December 1, 2011.
25. Obesity prevention in Head Start. Policy Roundtable, Pennsylvania House Democratic Policy Committee, Center for Obesity Research and Education, Temple University, Philadelphia, PA, April 18, 2011.
26. Exposure to the natural world: implication for child and family well-being. The Waldorf School of Philadelphia, Philadelphia, PA, March 12, 2011.

27. Outdoor time: implication for health and well-being in early childhood. 8th Annual Childhood Outdoor Design Institute, Growing Outdoors: A Healthy Start for Early Childhood. The Natural Learning Initiative, College of Design, North Carolina State University, Raleigh, NC, October 16, 2010.
28. Family strategies to prevent obesity in preschool children. The “Five and Fit” Program of APM Child Care Center, Germantown Y Child Care Center and the Temple University Center for Intergeneration Learning, Philadelphia, PA, April 8, 2010.
29. The documentary film *Food, Inc* (panel discussion member). The Waldorf School of Philadelphia. Philadelphia, PA, January 27, 2010.
30. The healthy messages: what we can tell children that will help them learn to take control of their health (panel discussion member). Growing Up Healthy: Raising Children in an Urban Environment. Temple University, Philadelphia, PA, October 14, 2009.
31. The impact of theory on coding qualitative data/qualitative software demonstration. Qualitative Methods Discussion Series, Social Science Data Library, Temple University, Philadelphia, PA, April 20, 2009 (joint presentation with Cayce C. Hughes, MPH and Matt Wray, PhD)
32. Assessing the potential for obesity prevention in Head Start: results from a national survey. Robert Wood Johnson Health and Society Scholars Program, University of Pennsylvania, Philadelphia, PA, November 13, 2008.
33. Household routines and the prevention of childhood obesity. College of Health Professions Board of Visitors Meeting, Temple University, Philadelphia, PA, October 17, 2008.
34. The Survey of Healthy Activity and Eating Practices and Environments in Head Start (SHAPES): briefing on preliminary findings. Head Start Region II Office, New York, NY, July 11, 2008.
35. Playing, eating, and sleeping: household routines and the prevention of obesity in early childhood. Developmental Psychology Colloquium, Department of Psychology, Temple University, Philadelphia, PA, April 28, 2008.
36. A national survey of environments and practices in Head Start for preventing obesity. Clinical Nutrition Research Unit. University of North Carolina, School of Public Health, Chapel Hill, NC, April 18, 2008.
37. Obesity among US urban preschool children: relationships to race, ethnicity, and socioeconomic status. Children’s Hospital of Philadelphia Nutrition Center Seminar Series, Philadelphia, PA, January 3, 2007.
38. Obesity prevention in low-income preschool children: matching federal policy with family perceptions. Robert Wood Johnson Health and Society Scholars Program, University of Pennsylvania, Philadelphia, PA, April 8, 2004.

39. Pediatric obesity: the gap between the worlds of research and practice. A Day in the Office: Problems in Pediatric Practice, Group Health Cooperative of Puget Sound, Tacoma, WA, February 6, 2003.
40. Efforts in primary care to prevent pediatric obesity: what to try that may not hurt. A Day in the Office: Problems in Pediatric Practice, Group Health Cooperative of Puget Sound, Tacoma, WA, February 6, 2003.
41. Childhood obesity prevention: linking research to public health practice. Vermont Department of Health, Montpelier, VT, October 9, 2002.
42. Beyond BMI: obesity prevention in pediatric practice. Grand Rounds, Department of Pediatrics, University of Vermont School of Medicine, Burlington, VT, October 9, 2002.
43. Proximity to playgrounds and fast-food restaurants: relationships to body mass index in low-income preschool children. USDA Children's Nutrition Research Center, Baylor College of Medicine, Houston, TX, September 19, 2002.
44. Preventing obesity in WIC. 45th Annual Maternal and Child Health Conference, Kentucky Department for Public Health and Kentucky Medical Association, Louisville, KY, September 18, 2002.
45. Patterns of obesity within families enrolled in Ohio WIC. Ohio WIC Symposium, Ohio Department of Health, Columbus, OH, May 1, 2002.
46. Outdoor play, television viewing, and obesity among preschoolers in the Fragile Families cohort. Working Group Seminar Series, Bendheim-Thoman Center for Research on Child Wellbeing, Princeton University, Princeton, NJ, April 11, 2002 (co-presented with Hillary L. Burdette, MD).
47. From breast to swing set: the epidemiology of obesity among low-income preschoolers. Children's Hospital of Philadelphia Nutrition Center Seminar Series, Philadelphia, PA, April 3, 2002 (co-presented with Hillary L. Burdette, MD).
48. Obesity in low-income women and children: prevention, perception, and policy. Center for Health and Wellbeing, Woodrow Wilson School of Public and International Affairs, Princeton University, Princeton, NJ, September 20, 2001.
49. Obesity prevention in preschool children: the hazy line between nature and nurture. Grand Rounds, Children's Hospital Medical Center, Cincinnati, OH, March 13, 2001.
50. The role of parenting practices in the prevention of childhood obesity. Clinical Research Forum, Clinical Research Center, Children's Hospital Medical Center, Cincinnati, OH, December 20, 2000.
51. Obesity prevention research: inquiry as iteration and triangulation. Science Education Council of Ohio Annual Convention, Cincinnati, OH, February 16, 2000.
52. Predicting childhood obesity using linked WIC to birth certificate records. Department of Economics, Woodrow Wilson School of Public and International Affairs, Princeton University, Princeton, NJ, April 28, 2000.

53. Surviving assistant professorship. Robert Wood Johnson Clinical Scholars Program, University of Chicago, Chicago, IL, April 13, 2000.
54. Predicting childhood obesity at birth. Ohio Department of Health, Bureau of Nutrition Services, Columbus, OH, September 29, 1999.
55. Obesity in low-income women and children. Clinical Research Forum, Clinical Research Center, Children's Hospital Medical Center, Cincinnati, OH, March 17, 1999.
56. Is childhood obesity preventable? Cincinnati Pediatric Society 12th Annual School Health Workshop, Cincinnati, OH, November 6, 1998.
57. Childhood predictors of adult obesity. Pediatric Fellows Grand Rounds, Children's Hospital Medical Center, Cincinnati, OH, February 27, 1997.
58. Reducing dietary fat in school lunches. Washington School Food Service Association Industry Seminar, Seattle, WA, November 5, 1993.
59. Managing hyperlipidemia in children. Grand Rounds, Department of Pediatrics, University of Washington School of Medicine, Children's Hospital Medical Center, Seattle, WA, April 8, 1993.
60. Managing hyperlipidemia in children. A Day in the Office: Problems in Pediatric Practice. Group Health Cooperative of Puget Sound, Children's Hospital Medical Center, and the Washington Chapter, American Academy of Pediatrics, Seattle, WA, February 25, 1993.
61. Interventions to reduce dietary fat in school lunches. Clinical Nutrition Research Unit, University of Washington School of Medicine, Seattle, WA, October 30, 1992.
62. The National Cholesterol Education Program recommendations for the evaluation and treatment of hyperlipidemia in children. Lipid Disorder Training Program, University of Washington School of Medicine, Seattle, WA, September and November, 1992; January, June, September, and November 1993, January, June, September, and November, 1994.
63. School lunches: can they meet current dietary recommendations for children? Fred Hutchinson Cancer Research Center, Cancer Prevention Research Program, Seattle, WA, November 20, 1991.
64. Cholesterol screening in children: Is it an effective screening test? Washington Chapter, National Association of Pediatric Nurse Practitioners, Children's Hospital Medical Center, Seattle, WA, January 5, 1991.