

Sofija E. Zagarins, PhD

Curriculum Vitae

Spring 2018

Title: Assistant Professor of Public Health

Office Address: 107 Locklin Hall
Department of Rehabilitation and Disability Studies
Springfield College
263 Alden Street
Springfield, MA 01109

Home Address: 56 South Main Street
Belchertown, MA 01007

E-mail Address: szagarins@springfield.edu

Phone: 413-748-3482 (office); 413-687-4096 (cell)

EDUCATION

2009 PhD University of Massachusetts at Amherst

- Degree in Epidemiology, with minor concentrations in Biostatistics and Nutrition
- Dissertation: Determinants of Peak Bone Mass in Young Premenopausal Women

2001 BS Union College, Schenectady, NY

- Biology/Psychology major, Chemistry minor

MAJOR RESEARCH INTERESTS

- Nutrient sufficiency, micronutrient status, and overall diet quality
- Body composition
- Chronic disease management and prevention
- Behavioral health

RESEARCH AND PROFESSIONAL EXPERIENCE

2001 – 2003 Health Sciences Specialist, Surgical Research Department, VA Healthcare System, Boston, MA

2004 Research Intern, Boston Public Health Commission, Boston, MA

2003 – 2008 Graduate Research Assistant, Departments of Public Health and Nutrition, University of Massachusetts at Amherst

2008 Graduate Teaching Assistant, Public Health Department, University of Massachusetts at Amherst

2005 – 2009 Research Consultant, Department of Behavioral Medicine Research, Baystate Medical Center, Springfield, MA

- 2009 – 2013 Adjunct Professor, School of Public Health and Health Sciences, University of Massachusetts, Amherst and Worcester Campuses
- 2009 – 2015 Senior Clinical Research Coordinator, Department of Behavioral Medicine Research, Baystate Medical Center, Springfield, MA
- 2012 – 2016 Research Assistant Professor, Department of Psychiatry, Tufts University School of Medicine, Boston, MA
- 2013 – Present Lecturer, School of Public Health and Health Sciences, University of Massachusetts, Amherst, MA
- 2015 – 2016 Senior Clinical Research Coordinator, Department of Pediatrics, Baystate Medical Center, Springfield, MA
- 2015 – Present Assistant Professor of Public Health, Department of Rehabilitation and Disability Studies, Springfield College, Springfield, MA

Other Experience, Memberships and Honors

- 2003 Admitted Student Research Assistantship Funding Award, Public Health Department, University of Massachusetts at Amherst
- 2005 – 2008 Study Coordinator, Public Health Department, University of Massachusetts at Amherst
- 2006 – 2009 Project Manager, Department of Behavioral Medicine Research, Baystate Medical Center, Springfield, MA
- 2012 – Present Faculty Member, Center for Research and Education in Women’s Health
- 2012 Scholarship winner, NIH mHealth Training Institute at the mHealth Summit
- 2013 Nominee, School of Public Health and Health Sciences 2012-2013 Outstanding Online Teacher Award, University of Massachusetts, Amherst
- 2014 Recognition for Research Significance and Innovation, Baystate Medical Center Academic Week
- 2016 Nominee, School of Public Health and Health Sciences 2015-2016 Outstanding Online Teacher Award, University of Massachusetts, Amherst
- 2017 Awardee, Springfield College Dean’s Scholarship for faculty research

RESEARCH

Research Grants Awarded

- 2012 – 2013 Baystate Department of Psychiatry Pilot Funding – \$1,000
Principal Investigator
A feasibility study of a virtual support program for weight loss surgery patients leveraging wireless goal-tracking technologies
- 2012 – 2013 Baystate Children’s Hospital Children’s Miracle Network Grant – \$12,260
Co-Principal Investigator
A Web-Based Support Pilot Program for Pediatric Weight Loss Patients

Publications

Original Articles

1. Thatte H, Rhee J, Zagarins SE, Treanor P, Birjiniuk V, Crittenden M, Khuri S. Acidosis induced apoptosis in human and porcine heart. *Annals of Thoracic Surgery*. 2004;77:1376-1383.
2. Thatte H, Zagarins SE, Amiji M, Khuri S. Poly-n-acetyl glucosamine-mediated red blood cell interactions. *Journal of Trauma*. 2004;57:S7-S12.
3. Thatte H, Zagarins SE, Khuri S, Fischer T. Mechanisms of poly-n-acetyl glucosamine polymer mediated hemostasis: Platelet interactions. *Journal of Trauma*. 2004;57:S13-S21.
4. Garb J, Welch G, Zagarins SE, Kuhn J, Romanelli J. Bariatric surgery for the treatment of morbid obesity: A meta-analysis of weight loss outcomes for laparoscopic adjustable gastric banding and laparoscopic gastric bypass. *Obesity Surgery*. 2009;19:1447-55.
5. Welch G, Shayne RF, Zagarins SE, Garb JL. A web-based self-management assessment tool that improves HbA1c. *Journal of Diabetes Nursing*. 2009;13:319.
6. Welch G, Garb JL, Zagarins SE, Lendel I, Gabbay RA. Nurse diabetes case management interventions and blood glucose control: Results of a meta-analysis. *Diabetes Research and Clinical Practice*. 2010;88:1-6.
7. Bertone-Johnson ER, Chocano-Bedoya PO, Zagarins SE, Micka AE, Ronnenberg AG. Dietary vitamin D intake, 25-hydroxyvitamin D(3) levels and premenstrual syndrome in a college-aged population. *Journal of Steroid Biochemistry and Molecular Biology*. 2010;121:434-7.
8. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. The association of lean mass and fat mass with peak bone mass in young premenopausal women. *Journal of Clinical Densitometry*. 2010;13:392-8.
9. Welch G, Wesolowski C, Zagarins SE, Kuhn J, Romanelli J, Garb JL, Allen N. Evaluation of clinical outcomes for gastric bypass surgery: Results from a comprehensive follow-up study. *Obesity Surgery*. 2011;21:18-28.
10. Welch G, Zagarins SE, Shayne RF, Garb J. Motivational interviewing delivered by diabetes educators: Does it improve blood glucose control among poorly controlled type 2 diabetes patients? *Diabetes Research and Clinical Practice*. 2011;91:54-60.
11. Zagarins SE, Allen NA, Skinner SS, Kemper AJ, Welch G. Improved Exercise Behaviors Associated with a Comprehensive Structured Exercise Program Following Bariatric Surgery. *Bariatric Nursing and Surgical Patient Care*. 2011; 6:85-90.
12. Welch G, Allen NA, Zagarins SE, Stamp K. The Comprehensive Diabetes Management Program for poorly controlled Hispanic type 2 diabetes patients at a community health center. *Diabetes Educator*. 2011;37:680-8.
13. Leyva B, Zagarins SE, Allen NA, Welch G. The relative impact of diabetes distress versus depression on glycemic control in Hispanic patients following a diabetes self-management education intervention. *Ethnicity and Disease*. 2011;21:322-7.

14. Zagarins SE, Allen NA, Garb JL, Welch G. Improvement in Glycemic Control Following a Diabetes Education Intervention is Associated with Change in Diabetes Distress but Not Change in Depressive Symptoms. *Journal of Behavioral Medicine*. 2012;35:299-304.
15. Takashima-Uebelhoer BB, Barber LG, Zagarins SE, Procter-Gray E, Gollenberg AL, Moore AS, Bertone-Johnson ER. Household chemical exposures and the risk of canine malignant lymphoma, a model for human non-Hodgkin's lymphoma. *Environmental Research*. 2012;112:171-6.
16. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Are existing measures of overall diet quality associated with peak bone mass in young premenopausal women? *Journal of Human Nutrition and Dietetics*. 2012;25:172-9.
17. Stamp KD, Allen NA, Lehrer S, Zagarins SE, Welch G. Telehealth Program for Medicaid Patients with Type 2 Diabetes. *Journal of Managed Care Medicine*. 2012;15:39-46.
18. Gruenfeld E, Zagarins SE, Walker AP, Skinner SS. Fun and Fit: Evaluation of a Pediatric Exercise Program. *J Pediatr Nurs*. 2013 Nov-Dec;28(6):557-62.
19. Hasan FM, Zagarins SE, Pischke KM, Saiyed S, Bettencourt AM, Beal L, Macys D, McCleary N. Hypnotherapy is an Effective Aid for Smoking Cessation in Patients Hospitalized for a Cardiopulmonary Illness: Results of a Randomized Controlled Trial. *Complement Ther Med*. 2014 Feb;22(1):1-8.
20. Bertone-Johnson ER, Ronnenberg AG, Houghton SA, Nobles C, Zagarins SE, Takashima-Uebelhoer BB, Whitcomb BW. Association of inflammatory markers with menstrual symptoms and premenstrual syndrome in young adult women. *Human Reproduction*. 2014 Sep;29(9):1987-94.
21. Welch G, Zagarins SE, Santiago-Kelly P, Rodriguez Z, Bursell SE, Rosal MC, Gabbay RA. An internet-based diabetes management platform improves team care and outcomes in an urban Latino population. *Diabetes Care*. 2015 Apr;38(4):561-7.
22. Welch G, Balder A, Zagarins SE. Telehealth program for Type 2 Diabetes: Usability, satisfaction, and clinical usefulness in an urban community health center. *Telemed J E Health*. 2015 May;21(5):395-403.
23. Nobles C, Bertone-Johnson ER, Ronnenberg AG, Faraj JM, Zagarins S, Takashima-Uebelhoer BB, Whitcomb BW. Correlation of urine and plasma cytokine levels among reproductive-aged women. *Eur J Clin Invest*. 2015 May;45(5):460-5.
24. Bertone-Johnson ER, Houghton SC, Whitcomb BW, Sievert LL, Zagarins SE, Ronnenberg AG. Association of blood pressure with premenstrual syndrome in young adult women. *Journal of Women's Health*. 2016 Nov;25(11):1122-1128.
25. Kroll-Desrosiers AR, Ronnenberg AG, Zagarins SE, Houghton SC, Takashima-Uebelhoer BB, Bertone-Johnson ER. Recreational physical activity and premenstrual syndrome in young adult women: A cross-sectional study. *PLoS One*. 2017 Jan 12;12(1):e0169728.
26. Allen NA, Zagarins SE, Feinberg RG, Welch G. Treating psychological insulin resistance in type 2 diabetes. *Journal of Clinical and Translational Endocrinology*. 2017 Mar 7; <https://doi.org/10.1016/j.jcte.2016.11.005>

27. Allen NA, Zagarins SE, Welch G. Reducing social distress for chronic disease patients in primary care: An intervention for Latino Type 2 diabetes patients seen at community health centers. *Diabetes Spectrum*. 2017 Nov; 30(4): 288-296.

Manuscripts in preparation

1. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. A novel dietary micronutrient status score predicts body composition in young adult women.
2. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. Measures of overall diet as predictors of body fat percentage and BMI in young adult women.
3. Thomas T, Rockwell G, Polansky S, Zagarins SE, Knee A, Zeneski B, Rothstein R. The Association Between Total Parenteral Nutrition Osmolarity Infused Through Non-Central Peripherally Inserted Central Catheters (PICCs) and Complications in NICU Newborns.

Book Chapters

1. Welch G, Zagarins SE. Assessment of diabetes knowledge, self-care skills, and self-care behaviors by questionnaire. In: Young-Hyman D, Peyrot M, eds. *Psychosocial Care for People with Diabetes*. Alexandria, VA: American Diabetes Association, 2012. pg. 101-115.

Abstracts/Conference Proceedings

1. Zagarins SE, Ronnenberg A, Bertone-Johnson E, Chasan-Taber L. Correlates of prenatal micronutrient intake among Hispanic women. *Am J Epidemiol* 2006;163:S141.
2. Zagarins SE, Ronnenberg A, Gehlbach S, Bertone-Johnson E. Body mass index may underestimate body fat percentage in young adult women. *Am J Epidemiol* 2007;165:S150.
3. Welch G, Santiago-Kelly P, Crespo Z, Zagarins SE, Garb J, Kedziora R. Pilot Study of a comprehensive, culturally sensitive diabetes case management intervention for poorly controlled Hispanic type 2 patients. Oral Presentation. Vulnerable Populations. *Diabetes* 2007. OR-339.
4. Welch G, Garb J, Zagarins SE. Impact of diabetes self management education interventions. Oral Presentation. Interventions. *Diabetes* 2007. OR-162.
5. Welch G, Garb J, Stark A, Gabbay RA, Zagarins SE, Lendel I. The Impact of Case Management Interventions on Blood Glucose Control (HbA1c) in Diabetes: Results of a Meta-Analysis of Clinical Trials. *Diabetes* 2008. 862-P.
6. Welch G, Zagarins SE, Garb J. A brief intervention using a web-based patient self-management assessment tool improves blood glucose control (HbA1c). *Diabetes* 2009. 100-LB.
7. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Bone density in young adult women can be predicted using anthropometric measures and lifestyle factors. *Am J Epidemiol* 2008;167:S31.
8. Zagarins SE, Barber L, Procter-Gray E, Gollenberg A, Bertone-Johnson ER. Environmental Risk Factors and Risk of Canine Malignant Lymphoma: A Model for Human Non-Hodgkin's Lymphoma. *Am J Epidemiol* 2008;167:S103.

9. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Fat mass is detrimental to bone mass in young adult women. *Am J Epidemiol* 2009;169:S30.
10. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Diet quality and bone mass in young adult women. *Am J Epidemiol* 2009;169:S120.
11. Addo AA, Bertone-Johnson ER, Zagarins SE, Ronnenberg AG. Are dietary intakes of calcium, vitamin D, or dairy products associated with adiposity in young women? *Am J Epidemiol* 2010;171:S8.
12. Welch G, Zagarins SE, Feinberg RG, Garb JL. Motivational Interviewing Delivered by Diabetes Educators: Does It Improve Blood Glucose Control Among Poorly Controlled Type 2 Diabetes Patients? *Diabetes* 2010;59:A521.
13. Zagarins SE, Welch G, Garb JL. Is improvement in blood glucose control following a diabetes education intervention associated with changes in depression or diabetes distress? *Diabetes* 2010;59:A513.
14. Chocano-Bedoya P, Ronnenberg AG, Chasan-Taber L, Bigelow C, Takashima B, Zagarins SE, Bertone-Johnson ER. B vitamin intake and premenstrual syndrome in young women. *Am J Epidemiol* 2011;173:S.
15. Welch G, Osborn C, Rothberg M, Zagarins SE, White R, Friderici J. Level of Social Distress among Mexican and Puerto Rican American Diabetes Patients and Relationship to Diabetes Control. *Diabetes* 2011. 843-P.
16. Allen NA, Stamp K, Lehrer S, Zagarins SE, Welch G. Telehealth Program for Medicaid Patients With Type 2 Diabetes Lowers HbA1c. *Diabetes* 2012.
17. Nobles C, Bertone-Johnson E, Ronnenberg A, Faraj J, Zagarins SE, Takashima-Uebelhoer B, Whitcomb B. Correlation of Urine and Plasma Cytokine Levels Among Reproductive Aged Women. *Am J Epidemiol* 2013.
18. Zagarins SE, Pollard NE, Garb JL, Allen NA, Skinner SS, Copeland PM. Patterns of A1c change following weight loss surgery in patients with type 2 diabetes and prediabetes. *Diabetes* 2013. 2116-P.
19. Copeland PM, Zagarins SE, Kansagra A, Skinner SS. Gastric bypass surgery: Partial rebound of weight and binge eating from 2 to 5 years. *Eating Disorders Research Society* 2013.
20. Houghton SC, Whitcomb BW, Ronnenberg AG, Nobles C, Zagarins SE, Takashima-Uebelhoer BB, Bertone-Johnson ER. Age at menarche and inflammatory factor levels in young adulthood. *Society for Epidemiologic Research* 2014. 179(Suppl 11).
21. Allen NA, Zagarins SE, Stamp KD, Feinberg RG, Welch G. How to develop a theory-based intervention. *Communicating Nursing Research Conference* 2016.
22. Allen NA, Zagarins SE, Welch G. Assessment of Social Distress in Primary Care Among Latino Individuals with Type 2 Diabetes. *Council for the Advancement of Nursing Science* 2016 State of the Science Congress on Nursing Research.
23. Thomas T, Rockwell G, Polansky S, Zagarins SE, Knee A, Zeneski B, Rothstein R. The Association Between Total Parenteral Nutrition Osmolarity Infused Through Non-Central

Peripherally Inserted Central Catheters (PICCs) and Complications in NICU Newborns.
Eastern Society for Pediatric Research: ESPR Annual Meeting 2017.

TEACHING EXPERIENCE

Course Instruction

Springfield College, Springfield, MA

HSRS 101: Introduction to Health Care and Rehabilitation
HSRS 130: Introduction to Public Health
HSRS 201: Introduction to Health Care Ethics
HSRS 320: Concepts of Assessment and Intervention in Health Care
HSRS 325: Biostatistics
HSRS 380: Special Topics in Health Science – Nutrition in Public Health
HSRS 440: Principles of Epidemiology
RHDS 482: Senior Seminar in Rehabilitation and Disability Studies
RSCH 141: Guided Individual Research

University of Massachusetts, Amherst

PubHlth 324: Epidemiology in Public Health
PubHlth 324H: Honors Colloquium for Epidemiology in Public Health
EPI 632: Applied Epidemiology
EPI 634: Nutritional Epidemiology (on-campus course)
EPI 634: Nutritional Epidemiology (online course)

University of Massachusetts, Worcester

PubHlth 630: Principles of Epidemiology

Guest Lectures

1. “Body composition and bone mass: How does obesity affect osteoporosis?” Guest lecture in *PubHlth 328: Fundamentals of Women’s Health*, Department of Biostatistics and Epidemiology, University of Massachusetts, Amherst, MA; 2013
2. “Biotatistics for health applications” Joint Fellowship Lecture, Baystate Medical Center, Springfield, MA; 2014
3. “Evidence-based nutrition: Overview of nutrition research” Guest lecture in *HSRS 420: Evidence Based Health Care*, Department of Rehabilitation and Disability Studies, Springfield College, Springfield, MA; 2015
4. “Basic human nutrition” Guest lecture in *BIOL 101: Basic Concepts of Modern Biology*, Department of Biology and Chemistry, Springfield College, Springfield, MA; 2016
5. “Evidence-based nutrition: What should we eat?” Guest lecture in *HSRS 420: Evidence Based Health Care*, Department of Rehabilitation and Disability Studies, Springfield College, Springfield, MA; 2016 and 2017

Graduate Thesis and Dissertation Committees

Committee Member; MPH and MS students

2012 – 2013 Jocelyn Morgan, “Can health information technology-based tools improve weight loss measures in bariatric surgery patients?”

Independent Study Supervision

2012 Nicole Owen “Postmenopausal hormone therapy and cardiovascular disease”
2012 Rebecca Morissette “Marijuana use and risk of oral squamous cell carcinoma”
2012 Jocelyn Morgan “Public Health 630: Principles of Epidemiology”
2012 Ewelina Furgal “The hidden dangers of illegal stimulant drug use among college students”
2012 Sofia Shakih “Cannabis use and risk of schizophrenia”
2013 Ewelina Furgal “TV viewing and childhood obesity”
2013 Chandler Kaplan “Childhood obesity rates and outcomes”
2013 Kelly McCarthy “Controversy surrounding the HPV vaccine”
2013 Dane Mellad “History of and changes to the pertussis vaccine program”
2014 Diana Griggs “Sexuality and self-image”
2014 Jonathan Romero “Tanning and melanoma risk”
2015 Emily Assarian “Ethics in infectious disease epidemiology”
2015 Lisa Bandoian “The role of nutrition in preventative medicine”
2018 Noah Graham “The relationship between anxiety and substance use in young adults”
2018 Alex Keon Haji “The association between praying/meditating and self-compassion in young adults”
2018 Sabrina Sanders “How do demographic factors predict perceptions of mental illness in young adults?”
2018 Kimberly Thompson “The effects of dietary patterns on sentinel symptom presence among adults”
2018 Hannah Wunderlich “The effects of long-distance running on depression in young women”

Doctoral Qualifying Examination Committees

2012 Oral Minor Area Exam, Epidemiology, Department of Epidemiology and Biostatistics, University of Massachusetts, Amherst
2012 Written Minor Area Exam, Nutritional Epidemiology, Department of Nutrition, University of Massachusetts, Amherst

SERVICE

Departmental Service

2015 – Present Member, Undergraduate Curriculum Committee
2016 – Present Chair, Undergraduate Curriculum Committee
2016 – 2017 Chair, Search Committee for Health Science tenure-track faculty position

College Service

2016 – 2017	Member, ACT/SAT Optional Working Group within the Strategic Planning Initiative
2017 – Present	Member, Search Committee for an Associate Vice President for Graduate Education, Grants and Sponsored Research
2017 – Present	Member, Faculty Senate, Academic Policies and Standards Committee
2017 – Present	Member, Scholars in Action Committee
2017 – Present	Member, Karpovitch Chair Review Committee
2018 – Present	Member, Academic Schedule Task Force
2018 – Present	Member, Institutional Repository Task Force

Professional Service

Membership in Professional Societies

2017 – Present	Society for Epidemiologic Research
2017 – Present	American Public Health Association

Recent Journal Reviews

- *American Journal of Clinical Nutrition*
- *American Journal of Obstetrics and Gynecology*
- *Bariatric Nursing and Surgical Patient Care*
- *BioMed Central Women's Health*
- *British Journal of Nutrition*
- *Ethnicity and Disease*
- *Hospital Practice*
- *Journal of the Canadian Dietetic Association*
- *Journal of Pediatric Nursing*
- *Nutrients*
- *Reproductive Health*

Conference Abstract Reviews

- 2018: Reviewer of abstracts submitted for the 2018 Annual Meeting of the Society for Epidemiologic Research
- 2018: Reviewer of abstracts submitted for the American Public Health Association's 2018 Annual Meeting & Expo, and specifically for the Food and Nutrition program