

**Sofija E. Zagarins, PhD**  
Curriculum Vitae, Spring 2021

**Title:** Associate Professor of Public Health

**Office Address:** Department of Health Sciences  
109 Locklin Hall  
Springfield College  
263 Alden Street  
Springfield, MA 01109

**Home Address:** 56 South Main Street  
Belchertown, MA 01007

**E-mail Address:** [szagarins@springfield.edu](mailto:szagarins@springfield.edu)

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

## EDUCATION

- |      |     |  |
|------|-----|--|
| 2009 | PhD | University of Massachusetts at Amherst <ul style="list-style-type: none"><li>• Degree in Epidemiology with concentrations in Biostatistics and Nutrition</li><li>• Dissertation: Determinants of Peak Bone Mass in Young Premenopausal Women</li></ul> |
| 2001 | BS  | Union College, Schenectady, NY <ul style="list-style-type: none"><li>• Biology/Psychology major, Chemistry minor</li><li>• Honors Thesis: The Historical Aspect of Cultural Bias in Standardized Testing</li></ul>                                     |

## MAJOR RESEARCH INTERESTS

- Nutrient sufficiency and micronutrient status
- Overall diet quality
- Body composition
- Disease prevention and management

## PROFESSIONAL EXPERIENCE

- |                |  |
|----------------|--|
| 2021 – Present | Associate Professor of Public Health, Health Sciences Department, Springfield College, Springfield, MA   |
| 2019 – Present | Program Coordinator, Undergraduate Health Sciences Program, Springfield College, Springfield, MA         |
| 2015 – 2021    | Assistant Professor of Public Health, Health Sciences Department, Springfield College, Springfield, MA   |
| 2015 – 2016    | Senior Clinical Research Coordinator, Department of Pediatrics, Baystate Medical Center, Springfield, MA |

- 2013 – Present Visiting Lecturer, School of Public Health and Health Sciences,  
Department of Nutrition, University of Massachusetts, Amherst, MA
- 2012 – 2016 Research Assistant Professor, Department of Psychiatry, Tufts University  
School of Medicine, Boston, MA
- 2009 – 2015 Senior Clinical Research Coordinator, 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
- 2008 Graduate Teaching Assistant, Public Health Department, University of  
Massachusetts at Amherst
- 2005 – 2009 Research Coordinator, Department of Behavioral Medicine Research,  
Baystate Medical Center, Springfield, 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
- 2001 – 2003 Health Sciences Specialist, Surgical Research Department, VA Healthcare  
System, Boston, MA

**Additional Experience, Honors and Awards**

- 2020 Awardee, School of Public Health and Health Sciences 2019-2020 Online  
Outstanding Teacher Award, University of Massachusetts, Amherst
- 2020 Inductee, Delta Omega National Honorary Society in Public Health, Rho  
Chapter
- 2019 Nominee, School of Public Health and Health Sciences 2018-2019  
Outstanding Online Teacher Award, University of Massachusetts,  
Amherst
- 2018 Awardee, Springfield College Travel Grant
- 2017 Awardee, Springfield College Dean’s Scholarship for faculty research
- 2016 Nominee, School of Public Health and Health Sciences 2015-2016  
Outstanding Online Teacher Award, University of Massachusetts,  
Amherst
- 2014 Awardee, Recognition for Research Significance and Innovation, Baystate  
Medical Center Academic Week
- 2013 Nominee, School of Public Health and Health Sciences 2012-2013  
Outstanding Online Teacher Award, University of Massachusetts,  
Amherst
- 2012 Scholarship winner, National Institutes of Health mHealth Training  
Institute at the mHealth Summit, Washington, D.C.
- 2012 – Present Faculty Member, Center for Research and Education in Women’s Health,  
University of Massachusetts at Amherst
- 2008 Delta Omega Honorary Society Research Poster Award Winner, UMass  
School of Public Health and Health Sciences Research Day

- 2007 Delta Omega Honorary Society Research Poster Award Winner, UMass School of Public Health and Health Sciences Research Day
- 2005 – 2008 Study Coordinator, UMass Vitamin D Study, Department of Epidemiology and Biostatistics, University of Massachusetts at Amherst
- 2003 Admitted Student Research Assistantship Funding Award, Public Health Department, University of Massachusetts at Amherst

## RESEARCH

### Research Grants Awarded

- 2013 – 2014 McKesson Foundation Grant  
Co-Investigator  
Innovative mHealth intervention for elderly Type 2 diabetes patients and caregivers in a community health center
- 2012 – 2013 Baystate Department of Psychiatry Pilot Funding  
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  
Co-Principal Investigator  
A Web-Based Support Pilot Program for Pediatric Weight Loss Patients
- 2009 – 2013 Baystate Medical Center Academic Affairs Internal Research Grant  
Co-Investigator  
Assessment of Family Emotional Distress and its Impact on Self-Management and Metabolic Control among Hispanic Type 2 Diabetes Patients attending a Community Health Center

### Publications

#### Original Articles

1. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. Established diet quality indices are not universally associated with body composition in young adult women. *Public Health Nutrition*. 2021 Apr. doi:10.1017/S1368980021001440.
2. 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.
3. 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>
4. Kroll-Desrosiers AR, Ronnenberg AG, Zagarins SE, Houghton SC, Takashima-Uebelhoeer 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.

5. 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.
6. 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.
7. 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.
8. Welch G, Zagarins SE, Santiago-Kelly P, Rodriquez 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.

18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
27. Thatte H, Zagarins SE, Amiji M, Khuri S. Poly-n-acetyl glucosamine-mediated red blood cell interactions. *Journal of Trauma*. 2004;57:S7-S12.
28. 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.

### **Manuscripts in preparation**

1. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. A dietary micronutrient status score predicts body composition in young adult women.
2. Zagarins SE, Harvey MW, Tucker KL, Marcus B, Rosal M, Moore Simas TA, Manson JE, Markenson G, Chasan-Taber L. The association between established diet quality indices and gestational weight gain in Hispanic women.

## **Book Chapters**

1. Natarajan R, Bertone-Johnson E, Houghton SC, Zagarins SE, Bigelow C, Wood R, Ronnenberg A. Menstrual cycle characteristics are associated with adiposity in young women. In: Bertone-Johnson E, ed. *Cursed? Biologic and Cultural Aspects of the Menstrual Cycle and Menstruation*. Hauppauge, NY: Nova Science Publishers Inc., 2018. pg. 91-118.
2. 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, Harvey MW, Tucker KL, Marcus B, Rosal M, Moore Simas TA, Manson JE, Markenson G, Chasan-Taber L. The association between established diet quality indices and gestational weight gain in Hispanic women. Annual Meetings of the Society for Epidemiologic Research and the Society for Pediatric and Perinatal Epidemiologic Research, 2021, San Diego.
2. Harvey MW, Zagarins SE, Marcus B, Rosal M, Pekow P, Manson JE, Tucker KL, Moore Simas TA, Markenson G, Chasan-Taber L. The association between diet quality indices and gestational age and birth weight among Latinas. Annual Meetings of the Society for Epidemiologic Research and the Society for Pediatric and Perinatal Epidemiologic Research, 2021, San Diego.
3. Zagarins SE, Miele E, Germain MJ, Joubert JW, Evans EE, Milch CM, Headley SAE. Measures of exercise capacity as predictors of metabolic outcomes in moderate to severe chronic kidney disease. Annual Meeting of the Society for Epidemiologic Research, 2020, Boston.
4. Zagarins SE, Harvey MW, Higgins PS, Krylowicz B. Athletic participation and self-identity are associated with improved mental health outcomes in undergraduate students. Annual Meeting of the Society for Epidemiologic Research, 2019, Minneapolis.
5. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. Measures of overall diet as predictors of body fat percentage and BMI in young adult women. Annual Meeting of the Society for Epidemiologic Research, 2018, Baltimore.
6. Zagarins SE, Ronnenberg AG, Bertone-Johnson ER. A dietary micronutrient status score predicts body composition in young adult women. Annual Meeting of the Society for Epidemiologic Research, 2018, Baltimore.
7. 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. Annual Meeting of the Eastern Society for Pediatric Research, 2017, Philadelphia.
8. 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 State of the Science Congress on Nursing Research, 2016.

9. Allen NA, Zagarins SE, Stamp KD, Feinberg RG, Welch G. How to develop a theory-based intervention. Communicating Nursing Research Conference, 2016.
10. Bertone-Johnson ER, Ronnenberg AG, Houghton SC, Nobles C, Zagarins SE, Takashima-Uebelhoer BB, Faraj J, Whitcomb BW. Association of inflammatory markers with menstrual symptoms and premenstrual syndrome in young adult women. Meeting of the Society for Pediatric and Perinatal Epidemiologic Research, 2014, Seattle.
11. 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. Annual Meeting of the Society for Epidemiologic Research, 2014, Seattle.
12. Copeland PM, Zagarins SE, Kansagra A, Skinner SS. Gastric bypass surgery: Partial rebound of weight and binge eating from 2 to 5 years. Annual Meeting of the Eating Disorders Research Society, 2013, Bethesda.
13. 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. Annual Meeting of the American Diabetes Association, 2013, Chicago.
14. 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. Annual Meeting of the Society for Epidemiologic Research, 2013, Boston.
15. Allen NA, Zagarins SE, Welch G. Refinement and Evaluation of a Comprehensive Disease Management Program for Diabetes and Cardiovascular Risk Reduction. Annual Meeting of the American Diabetes Association, 2012, Philadelphia.
16. Allen NA, Stamp K, Lehrer S, Zagarins SE, Welch G. Telehealth Program for Medicaid Patients With Type 2 Diabetes Lowers HbA1c. Annual Meeting of the American Diabetes Association, 2012, Philadelphia.
17. Natarajan R, Bertone-Johnson ER, Zagarins SE, Gehlbach SH, Ronnenberg AG. Adiposity is Associated with Menstrual Cycle Irregularity in Young Women. The Federation of American Societies for Experimental Biology Journal, 2012.
18. 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. Annual Meeting of the American Diabetes Association, 2011, San Diego.
19. 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. Annual Meeting of the Society for Epidemiologic Research, 2011, Montréal.
20. Bertone-Johnson ER, Whitcomb BW, Takashima B, Zagarins SE, Chocano-Bedoya P, Ronnenberg A. Premenstrual syndrome, menstrual symptoms and C-reactive protein levels in college-aged women. Annual Meeting of the Society for Behavioral Neuroendocrinology, 2010, Toronto.
21. 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? Annual Meeting of the American Diabetes Association, 2010, Orlando.

22. 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? Annual Meeting of the American Diabetes Association, 2010, Orlando.
23. 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? Annual Meeting of the Society for Epidemiologic Research, 2010, Seattle.
24. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Diet quality and bone mass in young adult women. Annual Meeting of the Society for Epidemiologic Research, 2009, Anaheim.
25. Zagarins SE, Ronnenberg AG, Gehlbach SH, Lin R, Bertone-Johnson ER. Fat mass is detrimental to bone mass in young adult women. Annual Meeting of the Society for Epidemiologic Research, 2009, Anaheim.
26. Welch G, Zagarins SE, Garb J. A brief intervention using a web-based patient self-management assessment tool improves blood glucose control (HbA1c). Annual Meeting of the American Diabetes Association, 2009, New Orleans.
27. 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. Annual Meeting of the Society for Epidemiologic Research, 2008, Chicago.
28. 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. Annual Meeting of the Society for Epidemiologic Research, 2008, Chicago.
29. 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. Annual Meeting of the American Diabetes Association, 2008, San Francisco.
30. 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. Annual Meeting of the American Diabetes Association, 2007, Chicago.
31. Welch G, Garb J, Zagarins SE. Impact of Diabetes Self-Management Education Interventions on Diabetes-related Emotional Distress: A Meta-Analysis of Randomized, Controlled Trials. Annual Meeting of the American Diabetes Association, 2007, Chicago.
32. Zagarins SE, Ronnenberg A, Gehlbach S, Bertone-Johnson E. Body mass index may underestimate body fat percentage in young adult women. Annual Meeting of the Society for Epidemiologic Research, 2007, Boston.
33. Zagarins SE, Ronnenberg A, Bertone-Johnson E, Chasan-Taber L. Correlates of prenatal micronutrient intake among Hispanic women. Annual Meeting of the Society for Epidemiologic Research, 2006, Seattle.



## TEACHING EXPERIENCE

### Course Instruction

#### Springfield College, Springfield, MA

HNRS 192: Honors Colloquium – Infectious Disease in the 21<sup>st</sup> Century  
HSCI 101: Introduction to Health Care  
HSCI 201: Introduction to Health Care Ethics  
HSCI 225: Biostatistics  
HSCI 240: Principles of Epidemiology  
HSCI 320: Health Assessment  
HSCI 380: Special Topics in Health Science – Nutrition in Public Health  
HSCI 420: Evidence-Based Health Care  
HSCI 482: Senior Capstone in Health Science  
HSCI 494: Research Practicum in Health Science  
PUBH 130: Introduction to Public Health  
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 format)  
EPI 634: Nutritional Epidemiology (online format)

#### University of Massachusetts Medical School, Worcester

EPI 630: Principles of Epidemiology

### Guest Lectures and Invited Talks

1. "COVID-19 Assessment" Guest lecture in *HSCI 320: Health Assessment*, Department of Health Sciences, Springfield College, Springfield, MA; 2021
2. "Epidemiology of COVID-19" Guest lecture in *HSCI 130: Introduction to Public Health*, Department of Health Sciences, Springfield College, Springfield, MA; 2020
3. "How our identities shape our health" Guest lecture in *HSCI 410: Health and Health Care Disparities*, Department of Health Sciences, Springfield College, Springfield, MA; 2020
4. "Causes of colorectal cancer – What is the truth?" Guest lecture in *SCSM 101: First-Year Seminar*, Department of Humanities and Social Sciences, Springfield College, Springfield, MA; 2020
5. "Reviewing and summarizing scientific literature" Guest lecture in *HSCI 482: Senior Capstone in Health Science*, Department of Health Sciences, Springfield College, Springfield, MA; 2019

6. “Careers in clinical research” Guest lecture in *HSRS 101: Introduction to Health Care and Rehabilitation*, Department of Rehabilitation and Disability Studies, Springfield College, Springfield, MA; 2019
7. “Challenges in epidemiologic research” Guest lecture in *PUBHLTH 324: Principles of Epidemiology*, Department of Epidemiology and Biostatistics, University of Massachusetts Amherst; 2018
8. “I Spy Scholarship: Scholarship can be hard to spot if you don’t know what you’re looking for. Join us as we explore what scholarship looks like at Springfield College and discover how you can work scholarship into your schedule” Invited talk at Operation Kickstart, Springfield College, Springfield MA; 2018
9. “Fostering Intellectual Curiosity” Invited talk at the Center for Excellence in Teaching, Learning, and Scholarship, Springfield College, Springfield MA; 2017
10. “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
11. “Basic human nutrition” Guest lecture in *BIOL 101: Basic Concepts of Modern Biology*, Department of Biology and Chemistry, Springfield College, Springfield, MA; 2016
12. “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
13. “Biotatistics for clinical health applications” Joint Fellowship Lecture, Baystate Medical Center, Springfield, MA; 2014
14. “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

### **Graduate Thesis and Dissertation Committees**

#### Committee Member; MPH and MS students

- |      |  |
|------|--|
| 2021 | Shravya Suddala, University of Massachusetts at Amherst: “Could premenstrual syndrome be an indicator of low bone density? Understanding the relation of PMS, calcium, vitamin D and bone health in premenopausal women” |
| 2013 | Jocelyn Morgan, University of Massachusetts at Amherst: “Can health information technology-based tools improve weight loss measures in bariatric surgery patients?”  |

### **Independent Study Supervision**

- |      |   |
|------|---|
| 2020 | Gregory Lozier, Springfield College: “The association between parental socioeconomic status and anxiety among college students” |
| 2019 | Hannah Wunderlich, Springfield College: “The association between physical activity and depression in college-aged women”        |

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

**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 ACTIVITIES**

### **Departmental Service – Department of Health Sciences, Springfield College**

- 2019 – 2020 Member, Search Committee for Health Science tenure-track faculty position
- 2016 – 2017 Chair, Search Committee for Health Science tenure-track faculty position
- 2016 – Present Chair, Undergraduate Curriculum Committee
- 2015 – 2016 Member, Undergraduate Curriculum Committee

### **Service to the College – Springfield College**

- 2021 Faculty Representative, Benefits Advisory Committee, charged with reviewing the College's health benefits and considering options in terms of switching to different carriers
- 2020 – Present Member, Academic Implementation Team, charged with planning for and implementing the processes of curricular adjustment, classroom usage, de-densification, enhanced air ventilation, and other issues related to academics for the fall
- 2020 – Present Member, President's Leadership Team "Plus", charged with addressing major policy-related decisions affecting the overall institution and fall preparation related to the COVID-19 pandemic
- 2020 Member, Scenario Planning Group, formed to advise the College in responding to the COVID-19 pandemic as well as in planning for the fall semester
- 2020 – Present Member, Public Health Working Group, charged with monitoring research and policy related to the novel coronavirus and the pandemic, and with reporting on the implications for fall planning
- 2020 Member, Pass/Fail Task Force, formed to develop grading and transfer credit policies in response to the COVID-19 pandemic
- 2020 Member, Emergency Operations Group, formed in response to the COVID-19 pandemic
- 2019 – 2020 Member, Search Committee for Springfield College Registrar
- 2019 – Present Chair, Faculty Senate Undergraduate Academic Affairs Committee
- 2019 – 2020 Member, Online Programs Task Force, formed to develop a philosophy statement as well as policies and guidelines for online programs at Springfield College
- 2019 Chair, Search Committee for Springfield College Honors Program Director
- 2019 – 2020 Co-Chair, Institutional Resources New England Commission of Higher Education (NECHE) Self-Study Working Group
- 2019 – 2020 Member, New England Commission of Higher Education (NECHE) Self-Study Steering Committee

2018 – 2020	Member, Honors Program Advisory Committee, as well as Subcommittee for Research, Advanced Honors Projects, and Awards & Advanced Study
2018 – Present	Member, Faculty Senate Executive Committee
2018 – 2019	Faculty Senate Agenda Secretary/Treasurer
2018	Member, Institutional Repository Task Force
2018	Co-Chair, Academic Schedule Task Force
2017 – 2018	Member, Karpovitch Chair Review Committee
2017 – 2019	Member, Faculty Senate, Academic Policies and Standards Committee
2017 – 2019	Member, Scholars in Action Committee
2017	Member, Search Committee for Associate Vice President for Graduate Education, Grants and Sponsored Research
2016 – 2017	Member, ACT/SAT Optional Working Group within the Strategic Planning Initiative

## **Professional Service**

### Membership in Professional Societies

2006 – Present	Society for Epidemiologic Research
2017 – Present	American Public Health Association

### Peer Review

#### Ad-hoc Reviewer:

- *American Journal of Clinical Nutrition*
- *American Journal of Obstetrics and Gynecology*
- *BioMed Central Women's Health*
- *British Journal of Nutrition*
- *International Journal of Environmental Research and Public Health*
- *Journal of Bone and Mineral Research*
- *Journal of Nutrition*
- *Nutrients*
- *Nutrition and Food Science*
- *Nutrition and Health*
- *Reproductive Health*

#### Conference Abstract Reviews:

- 2018 – present: Abstract reviewer for the Annual Meeting of the Society for Epidemiologic Research
- 2018 – present: Abstract reviewer for the American Public Health Association's Annual Meeting & Expo, and specifically for the Food and Nutrition program and the Epidemiology program