

**CLAIRE ANN ZIZZA, PhD RDN**

**Associate Professor**

Department of Nutrition, Dietetics, and Hospitality Management  
Auburn University, AL 36849

**EDUCATION**

- 2002      Doctor of Philosophy in Nutrition with a Minor in Epidemiology  
School of Public Health, University of North Carolina at Chapel Hill, North Carolina  
Dissertation: The effect of obesity on health care utilization  
Chair of Doctoral Committee: Barry M. Popkin
- 1990      Master of Science in Nutrition and Food Science  
University of Arizona, Tucson, Arizona  
Thesis: The influence of food chain activities on rural Guatemalan children's  
consumption of vitamin A sources  
Thesis Advisor: Gail G. Harrison
- 1987      Commission on Dietetics Registration work experience with Master's degree  
Truman Medical Center, East  
Primary teaching hospital for the University of Missouri- Kansas City Medical School  
Kansas City, Missouri
- 1986      Bachelor of Science in Foods and Nutrition  
Kansas State University, Manhattan, Kansas

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**CREDENTIALS**

- 1991-      Registered Dietitian Nutritionist, Commission on Dietetics Registration, Academy  
current      of Nutrition and Dietetics

**PROFESSIONAL EXPERIENCE**

- 2010 -      Associate Professor, Department of Nutrition, Dietetics and Hospitality  
current      Management, Auburn University, Auburn, Alabama.
- 2005-10      Assistant Professor, Department of Nutrition and Food Science, Auburn  
University, Auburn, Alabama.
- 2002-04      Postdoctoral Fellow, Cecil G. Sheps Center for Health Services Research,  
University of North Carolina, Chapel Hill, North Carolina.
- 1997-02      Graduate Research Assistant, Carolina Population Center, University of North  
Carolina, Chapel Hill, North Carolina.

1995-97      Nutritionist, Nutrition Promotion Staff, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, Washington, DC.

1990-95      Home Economist, Diet Appraisal Research Branch, Human Nutrition Information Service, U.S. Department of Agriculture, Hyattsville, MD.

## RESEARCH AND SCHOLARLY ACTIVITY

Peer-Reviewed Publications: Article Length. Graduate student contributions are marked with one asterisk and undergraduate student with two asterisks.

1. Ding M\*, Keiley MK, Blake KB, Duffy P, Zizza CA. Food insecurity status is associated with poor sleep outcomes among NHANES adults. *Journal of Nutrition*. First published ahead of print November 19, 2014 as doi: 10.3945/jn.114.199919.

2. Zizza CA. Healthy Snacking Recommendations: One Size Does Not Fit All. *Physiology & Behavior*. 2014; 134:32-7. doi: 10.1016/j.physbeh.2014.01.034.

3. Desai GS, Zheng C, Geetha T, Mathews ST, White BD, Huggins KW, Zizza CA, Broderick TL, Babu JR. The pancreas-brain axis: insight into disrupted mechanisms associating type 2 diabetes and Alzheimer's disease. *Journal of Alzheimer's disease & Parkinsonism*. 2014;42(2):347-56. doi: 10.3233/JAD-140018.

3. Ding M\*, Wilson NLW, Blake KB, Zizza CA. Undiagnosed prediabetes among food insecure adults. *American Journal of Health Behavior*. 2014;38(2):225-233. doi:10.5993/AJHB.38.2.8.

4. Parekh N, Zizza C. Life course epidemiology in nutrition and chronic disease research: A timely discussion. *Advances in Nutrition*. 2013;4:551-553. Both authors contributed equally to the writing of this manuscript. doi:0.3945/an.113.004275.

5. Rege S, Thangiah G, Pondugula S, Zizza C, Wernette C, Jeganathan RB. Non-coding RNAs in Neurodegenerative Diseases. *ISRN Neurology*. 2013;3:375852. doi: 10.1155/2013/375852.

6. Xu B\*, Yu G, Zizza C, Liu H, Zhao L. Snacking may improve physical function among older Americans. *Journal of Nutrition, Health and Aging*. 2013;17(4):393-7. doi: 10.1007/s12603-012-0441-1.

7. Buys DR\*, Borch CA, Kilgore M, Zizza C, Locher JL. A state-level examination of the association between home and community-based services and rates of nursing home residency with special attention to nutrition programs. *Journal of Nutrition in Gerontology and Geriatrics*. 2012;31(4):404-24. doi: 10.1080/21551197.2012.722068.

8. Duffy P, Yamazaki F, Zizza CA. Can the Dietary Guidelines for Americans 2010 help trim America's waistline? *Choices* (Agricultural & Applied Economics Association—peer-reviewed). 2012; <http://www.choicesmagazine.org/choices-magazine/theme-articles/potential-impacts-of-2010-dietary-guidelines-for-americans-/can-the-dietary-guidelines-for-americans-2010-help-trim-americas-waistline>.
9. Xu B\*, Houston DK, Locher JL, Zizza CA. The association between Healthy Eating Index-2005 and disability among older Americans. *Age and Ageing*. 2012;41(3):365-71. 2011; doi: 10.1093/ageing/afr158.
10. Zizza CA, Xu B\*. Snacking is associated with overall diet quality among adults. *Journal of the Academy of Nutrition and Dietetics*. 2012;112(2):291-296.
11. Xu B\*, Houston DK, Locher JL, Ellison KJ, Gropper SS, Buys DR, Zizza CA. Higher healthy eating scores are associated with better physical performance. *Journal of Gerontology: Medical Sciences*. 2012;67(1):93-9; 2011 doi: 10.1093/gerona/qlr159.
12. Duarte Alonso A, O'Neill M, Zizza C. Eating out, nutrition, education and the consumer: A case study from Alabama. *International Journal of Consumer Studies*. 2012;36(3):291-299; 2011 doi: 10.1111/j.1470-6431.2011.01055.x.
13. Sabol A\*, Struempler B, Zizza CA. Student and parent perceptions of barriers to and benefits of the School Breakfast Program in southeast Alabama. *Journal of Child Nutrition & Management A Publication of the School Nutrition Association*. 2011;35(2). Available at <http://www.schoolnutrition.org/Content.aspx?id=16360>.
14. Wernette CM, White BD, Zizza CA. Signaling proteins that influence energy intake may affect unintentional weight loss in elderly persons. *Journal of the American Dietetic Association*. 2011;111(6):864-873. doi: 10.1016/j.jada.2011.03.011.
15. Xu B\*, Locher J, Lee JS, Buys D, Zizza CA. Smoking modifies the association between food insecurity and physical performance. *Journal of Nutrition in Gerontology and Geriatrics*. 2011;30(2):140-53. doi: 10.1080/21551197.2011.567953.
16. Duarte Alonso A, O'Neill M, Zizza C. How important is nutrition within the 'Ideal' eating out experience? A descriptive comparison among Southern United States consumers. *Journal of Hospitality Application and Research*. 2010;5(2):7-27.
17. Zizza CA, Arsiwalla D\*, Ellison KJ. The contribution of snacking to older adults' vitamin, carotenoid, and mineral intakes. *Journal of the American Dietetic Association*. 2010;110(5):768-772. doi: 10.1016/j.jada.2010.02.009.

18. Xu B\*, Houston DK, Gropper SS, Zizza CA. Race/ethnicity differences in the relationship between obesity and gait speed among older Americans. *Journal of Nutrition for the Elderly*. 2009;28(4):372-385. doi: 10.1080/01639360903393515.
19. Houston DK, Nicklas BJ, Zizza CA. Weighty concerns—the growing prevalence of obesity among older adults. *Journal of the American Dietetic Association*. 2009;109(11):1886-95. doi: 10.1016/j.jada.2009.08.014.
20. Tayie FA\*, Zizza CA. Food insecurity and dyslipidemia among adults in the United States. *Preventive Medicine*. 2009;48(5):480-5. doi: 10.1016/j.ypmed.2009.03.003.
21. Tayie FA\*, Zizza CA. Height differences and the associations between food insecurity, percent body fat and body mass index among men and women. *Public Health Nutrition*. 2009;12(10):1855-61. doi: 10.1017/S1368980009004777.
22. Duffy P, Zizza C, Jacoby J\*\*, Tayie FA\*. Diet quality is low among female food pantry clients in East Alabama. *Journal of Nutrition Education and Behavior*. 2009;41(6):414-419. doi: 10.1016/j.jneb.2008.09.002.
23. Zizza CA, Ellison KJ, Wernette CM. Total water intakes of community-living middle-old and oldest-old adults. *Journal of Gerontology Series A-Biological Sciences and Medical Sciences*. 2009;64(4):481-6. doi: 10.1093/gerona/gln045.
24. Zizza CA, Duffy P, Gerrior SA. Food insecurity is not associated with lower energy intakes. *Obesity*. 2008;16(8):1908-13. doi: 10.1038/oby.2008.288.
25. Zizza CA, Tayie FA\*, Lino M. Benefits of snacking in older Americans. *Journal of the American Dietetic Association*. 2007;107(5):800-7.
26. Popkin B, Kim S, Rusev ER, Zizza C. Measuring the full economic costs of diet, physical activity, and obesity-related chronic diseases. *Obesity Reviews*. 2006;7(3):271-93.
27. Zizza C, Herring A, Stevens J, Popkin B. Longer hospital stays among obese individuals. *American Journal of Public Health*. 2004;94(9):1587-91.
28. Zizza C, Herring AH, Stevens J, Carey TS. Bariatric surgeries in North Carolina, 1990-2001: A gender comparison. *Obesity Research*. 2003;11(12):1519-25.
29. Zizza C, Herring A, Haines P, Domino M, Stevens J, Popkin B. The effect of weight change on nursing care facility admission. *Journal of Clinical Epidemiology* 2003;56(9):906-13.
30. Popkin BM, Zizza C, Siega-Riz AM. Who is leading the change? United States dietary trends 1965-96. *American Journal of Preventive Medicine*. 2003;25(1):1-8.

31. Zizza C, Herring A, Stevens J, Popkin B. Obesity affects nursing care facility admission among Whites but not Blacks. *Obesity Research*. 2002;10(8):816-823.
32. Loughrey K, Basiotis PP, Zizza C, Dinkins J. Profiles of selected target audiences: Promoting the Dietary Guidelines for Americans. *Family Economics and Nutrition Review*. 2001;13(1):3-14.
33. Zizza C, Siega-Riz AM, Popkin PM. Significant increase in young adults' snacking between 1977-1978 and 1994-1996 represents a cause for concern. *Preventive Medicine*. 2001;32(4):303-10.
34. Zizza C, Gerrior G. Trends in availability of foods and nutrients: A comparison between the United States and Italy, 1961-92. *Family Economics and Nutrition Review*. 1999;12(1):26-42.
35. Zizza C. The nutrient content of the Italian Food Supply 1961-92. *European Journal of Clinical Nutrition*. 1997;51(4):259-265.
36. Anderson TJ, Zizza CA, Leche GM, Scott ME, Solomons NW. The distribution of intestinal helminth infections in a rural village in Guatemala. *Memorias do Instituto Oswaldo Cruz*. 1993;88(1):53-65.

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Peer-Reviewed Publications: Article Length Revise and Resubmit

Garza K, Ding, M\*, Owensby JK\*, Zizza CA. Impulsivity and fast food consumption: a cross-sectional study among working adults. *Journal of the Academy of Nutrition and Dietetics*. MS #: ANDJRNL-D-14-00260. Revise and resubmit.

Peer-Reviewed Publications: Invited Editorial for Research Article

Zizza CA. Policies and politics of the U.S. food supply. Editorial for The United States food supply is not consistent with dietary guidance: evidence from an evaluation using the Healthy Eating Index-2010. *Journal of the Academy of Nutrition and Dietetics*. First published ahead of print November 11, 2014 as doi:10.1016/j.jand.2014.10.014

Zizza C. Management and treatment of obesity. Editorial for the prevalence of overweight, obesity, and associated diseases among outpatients in a public hospital. *Southern Medical Journal*. 2003;96(6):535-536.

Peer-Reviewed Publications: Letter to the Editor

Tayie FA\*, Zizza CA. Food insecurity is associated with chronic disease among low-income NHANES participants. *Journal of Nutrition*. 2010 Aug;140(8):1535

Peer-Reviewed Publications: Published Abstracts for Professional Meetings

Ding M and Zizza C. Food insecure children's exposure to secondhand smoke is more likely to be misclassified. Submitted to the American Society of Nutrition: Experimental Biology. April 2015.

Ding M and Zizza C. Does secondhand smoke exposure moderate the association between food insecurity and asthma among children? Submitted to the American Society of Nutrition: Experimental Biology. April 2015.

Ding M and Zizza C. The association between food insecurity and sleep duration varies by sex. Poster presentation at the American Society of Nutrition: Experimental Biology. April 2014.

Xu B, Zizza C. Snacking may improve physical function among older Americans. Poster presentation at the Gerontological Society of America's 65th Annual Scientific Meeting. November 2012.

Ellison K, Myers E, Gibson J, Zizza C, Pope S, Byrd L. Educating rural caregivers with mobile technology. Oral presentation at the 140th American Public Health Association Annual Meeting. October 2012.

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Ding M and Zizza C. Are food insecure adults more likely to have undiagnosed pre-diabetes mellitus? Poster presentation at the American Society of Nutrition Experimental Biology. April 2012.

Sebastian RS, Enns CW, Goldman JD, and Zizza C. Beverage choices and contributions to food and nutrient intakes differ by smoking status: Results from What We Eat in America (WWEIA), NHANES 2005-2008. Oral presentation at the American Society of Nutrition: Experimental Biology. April 2012.

Xu B, Houston DK, Locher JL, Buys D, Zizza C. The association between Healthy Eating Index-2005 scores and disability among older adults. Poster presentation at The Gerontological Society of America's 64th Annual Scientific Meeting. November 2011.

Xu B, Zizza C. The association between food insecurity and gait speed varied by smoking status in older adults. Oral presentation at the American Society of Nutrition: Experimental Biology. April 2011.

Xu B, Zizza C. The association between Healthy Eating Index-2005 and gait speed among older Americans. *Gerontologist*. (Suppl. 1) 50:128, 2010.

Xu B, Zizza C. The relationship between snacking frequency and Healthy Eating Index-2005 in adults: NHANES, 1999-2004. *Journal of Nutrition Education and Behavior*. 42 (4 S) O29, 2010. July 2010.

Duffy P, Hite D, Kinnucan H, Zizza C. Food stamps and diet quality: Evidence from NHANES 1999-2002. American Council on Consumer Interests and Agricultural & Applied Economics Association. July 2009.

Zizza CA, Arsiwalla D, Ellison KJ. Effect of snacking frequency on older adults' dietary intakes. Poster presentation at the American Society of Nutrition: Experimental Biology. April 2009.

Xu B, Houston D, Gropper S, Zizza C. Race/ethnicity differences in the relationship between obesity and gait speed among older adults. April 2009.

Ellison KJ, Gibson J, Myers E, Zizza C. Promotion of healthy families and healthy communities with a caring for caregivers program. American Public Health Association Annual Meeting & Exposition October 2008.

Zizza CA, Wernette C, Brawley Johnson C. Water intakes from food, beverage, and drinking water of US adults. April 2008. *The FASEB Journal*.

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Gropper SS, Drawdy K, Gaines A, Connell LJ, Simmons K, Ulrich P, Zizza C. It is not the freshmen 15. April 2008. *The FASEB Journal*.

Tayie FA, Zizza C. Food insecurity is associated with decreased height among women in the United States: An implication for obesity assessment. April 2008. *The FASEB Journal*.

Zizza C, Duffy P, Gerrior S. Food insecurity is associated with higher fat intakes among women. *Obesity*. (Suppl S15) A167, 2007.

Tayie FAK, Zizza CA. Associations between adult food security status and percent body fat - NHANES 1999-2002. *Journal of Nutrition Education and Behavior*. 39 (Suppl 4) S103, 2007.

Zizza C, Ratcliff L, Weese J, et al. The classification of physical activity in rural African American children. *Obesity Research*. (Suppl S13) A150, 2005.

Zizza C, Stevens J, Carey T. What patient characteristics are associated with distances traveled to obtain Roux-en-Y procedures? *Obesity Research*. (Suppl S12) A50, 2004.

Zizza CA, Houston DK, Stevens J. The effect of alcohol on lower extremity function impairment in African Americans and Whites. *The FASEB Journal*. (Suppl 18 (4)) A133, 2004.

Zizza C, Stevens J, Herring A, et al. Bariatric surgeries in North Carolina, 1989-2001: A comparison of men and women. *Obesity Research*. (Suppl S11) A108, 2003.

Zizza CA, Herring A, Popkin B. The effect of weight gain on time to nursing care facility admission in the NHANES Epidemiologic Followup Survey. FASEB Journal. (Suppl 16 (5)) A1020, 2002.

Zizza C, Herring A, Popkin BM. The effect of obesity on time to nursing care facility admission in the NHEFS. Obesity Research, (Suppl S9) 93S, 2001.

Zizza C, Siega-Riz AM, Popkin B. Significant increase in young adults' snacking between 1977-96 represents a cause for concern! FASEB Journal. (Suppl 14 (4)) A743, 2000.

Zizza CA, Siega-Riz AM, Popkin BM. Are all snackers the same? FASEB Journal (Suppl 13 (4)) A548, 1999.

Siega-Riz AM, Popkin BM, Zizza C. Snacking trends in the US from 1977 to 1996: How important is snacking to our diet? FASEB Journal (Suppl 13 (5)) A695, 1999.

Zizza CA, Powell R. Characteristics distinguishing adolescents by fruit consumption. Journal of the American Dietetic Association (Suppl S96) A-91. 1996.

Gerrior S, Zizza C. Estimating nutrient contributions from the fat and residual components of fluid milks in the U.S. Food Supply Series. Journal of Nutrition Education. 1995.

Gerrior S, Zizza C. The U.S. Food Supply: Its role in implementing Dietary Recommendations. Journal of Nutrition Education. 1993.

Zizza C, Gerrior S. A comparison of the nutrient content of the U.S. Food Supply between 1909-14 and 1988. Journal of the American Home Economics Association. 1992.

Anderson T, Zizza C, Leche G, Solomons NW. Intestinal helminth infection in a rural Guatemalan village. FASEB Journal. (Suppl 13 (5)) A285, 1990).

Zizza C, Leche G, Quan de Serrano, Harrison GG and Solomons, NW. Inter-household differences in acquisition, storage and preparation patterns of dietary sources of vitamin A as determinants of effective vitamin A consumption: A study in a rural Guatemalan hamlet. FASEB Journal. (Suppl 13 (5)) A695, 1990).

#### Invited Lectures: Federal Workshops and Professional Meetings

Zizza C. Examining the Food Assistance Challenges in Rural America: Overview of USDA-ERS Ridge Projects. Rural Sociological Society Annual Meeting, Atlanta, GA. August 14, 2010.

Duffy P, Zizza C, Kinnucan H. Nutrition, food security, and obesity among low-income residents of the South. USDA RIDGE Conference, Washington, DC. October 16-17, 2008.

Zizza C, Duffy P, Gerrior SA. Skipping meals does not decrease total daily energy intakes among the food insecure. USDA RIDGE Conference, Washington, DC. October 11-12, 2007.

Zizza C, Duffy P. The association between food insecurity and dietary behaviors. Food Assistance and Obesity: Measuring the Link. USDA Economic Research Service. Washington DC. July 17, 2007.

Zizza C. The epidemiology of obesity in the US: Insights on consequences and treatment. Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta, Georgia. August 31, 2004.

Invited Seminars: Universities

Panelist for Hunger, Poverty, and Nutrition Research in the Southeast Session at 5th Annual Nutrition Symposium and Inaugural Meeting of the Southeastern University Consortium. Center for Research in Nutrition and Health Disparities, Arnold School of Public Health, University of South Carolina. March 20, 2015.

Online graduate seminar. Case-based & multi-university approaches to graduate instruction in childhood obesity: Strategic planning conference. Obesity Initiative. The University of Georgia. July 24, 2014.

Successful USDA grant writing. Nutrition Obesity Research Center. University of Alabama Birmingham. April 25, 2014.

Eating frequency, portion size, diet quality and energy balance. The Ingestive Behavior Research Center, Purdue University. September 25, 2013.

Benefits of snacking in older adults. Grand Rounds: Harrison School of Pharmacy, Auburn University. August 22, 2008.

Dietary behaviors that promote over consumption; Are food insecurity and food assistance program participation associated with energy imbalance? Nutrition Department, University of California at Davis. July 24, 2007.

The epidemiology of obesity in the US: Insights on consequences and treatment. Assessment and Epidemiology Research Program, Jean Mayer USDA HNRCA at Tufts University. September 9, 2004.

The epidemiology of obesity in the US: Insights on etiology, consequences and treatment. Nutrition and Food Science Department, Auburn University. August 26, 2004.

The epidemiology of obesity in the US: Insights on etiology and treatment. Epidemiology Division, University of Minnesota, July 13, 2004.

Insights on consequences and etiology of obesity and a nutrition promotion campaign. Department of Nutritional Sciences, University of Connecticut, Storrs, Connecticut, June 30, 2004.

The epidemiology of obesity in the US: Insights on consequences and treatment. Department of Foods and Nutrition, Purdue University, West Lafayette, Indiana, April 27, 2004.

Making connections with women: Audience segmentation. Department of Foods and Nutrition, Purdue University, West Lafayette, Indiana, April 27, 2004.

The epidemiology of obesity in the US: Insights on consequences, etiology, and treatment. Department of Human Nutrition, Foods and Exercise, Virginia Polytechnic Institute and State University, Blacksburg, Virginia, April 8, 2004.

Studies of trends in nutritional epidemiology: Mediterranean diet, snacking, and obesity. Epidemiology Department Seminar, M.D. Anderson Cancer Center, Houston, Texas, February 6, 2004.

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Bariatric surgeries in North Carolina, 1990 to 2001: A gender comparison. Obesity and Physical Activity Seminar, University of North Carolina, Chapel Hill, November 21, 2003.

Gender differences in bariatric surgeries in North Carolina. NRSA Fellows Seminar, Cecil G. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill, September 29, 2003.

Trends in bariatric surgeries in North Carolina. NRSA Fellows Seminar, Cecil G. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill, March 17, 2002.

Obesity affects nursing care facility admission in whites but not blacks. NRSA Fellows Seminar, Cecil G. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill, November 25, 2002.

The effect of obesity on hospitalization. Obesity and Physical Activity Seminar, University of North Carolina, Chapel Hill, May 15, 2002.

Temporal dietary trends and obesity consequences. Epidemiology Division, University of Minnesota, January 24, 2002.

The effect of obesity on time to nursing care facility admission. Obesity and Physical Activity Seminar, University of North Carolina, Chapel Hill, July 25, 2001.

Research activities of the Human Nutrition Information Service. Community Nutrition Class at the University of the District of Columbia, Washington, DC, March 14, 1991.

Grants: Funded

Made in Macon, homegrown in Tuskegee! Mobile Studio, Auburn University Food Systems Institute, College of Human Sciences and College of Agriculture, Auburn University; Tuskegee-Macon County Community Development Corporation Carver Center for Integrative Sustainability, Tuskegee University; Food Bank of East Alabama; Macon County Farmers Market. Local foods, local places, Sustainable communities. The Environmental Protection Agency, the U.S. Department of Agriculture, the U.S. Department of Transportation, the Appalachian Regional Commission, and the Delta Regional Authority. Information is embargoed until December 3, 2014.

Macon a moveable feast: A celebration of food and health in Macon County, Alabama. Auburn University Competitive Outreach Scholarship Grant Program. February 2013 to February 2014. Norbert Wilson, Michelle Worosz, Conner Bailey, Claire Zizza (Principal Investigator) and Jocelyn Zanzot.

Technology enhanced education and support for rural caregivers for the elderly. Kathy Jo Ellison, Jatunn Gibson, Emily Meyers, Claire Zizza (Co-Investigator), Stuart Pope. Auburn University Intramural Grants Program. October 1, 2010 to September 30, 2015.

Dietary behaviors and physical health of food insecure school-aged children. Claire Zizza (Principal Investigator). Alabama Agricultural Experiment Station Grants Program. Auburn University. October 1, 2010 to September 30, 2015.

Ending child hunger in Alabama: Needs assessment. Jessie Ball Dupont Foundation. Claire Zizza (Principal Investigator) and Barbara Struempfer. January 1, 2010 to December 31, 2010.

Dietary patterns of freshmen students attending Auburn University: Obesity implications. Alabama Agricultural Experiment Station. Sareen Gropper and Claire Zizza (Co-Principal Investigator). Auburn University. October 1, 2008 to September 30, 2009.

Longitudinal collegiate study of body composition/size and related environmental, behavioral and psychological factors: Obesity implications. Sareen Gropper, Lenda Jo Connell, Pamela Ulrich, Karla Simmons, Thulita Wickrama, Claire Zizza (Co-Investigator) and Margaret Keiley. Alabama Cooperative Extension Station- Alabama Agricultural Experiment Station: Agricultural Initiative Grant Program. Auburn University. October 1, 2008 to September 30, 2009.

Longitudinal collegiate study of body composition/size and related environmental, behavioral and psychological factors: Obesity implications. Sareen Gropper, Lenda Jo Connell, Pamela Ulrich, Karla Simmons, Claire Zizza (Co-Investigator) and Margaret Keiley. ACES-AAES Agricultural Initiative Grant Program. Auburn University. October 1, 2007 to September 30, 2008.

Nutrition, food security, and obesity among low-income residents of the South. Patricia Duffy, Claire Zizza (Co-Principal Investigator), and Henry Kinnucan. USDA-Economic Research Service Food Assistance and Nutrition Research Innovation Grants Program: Southern Rural Development Center. September 1, 2007 to December 31, 2008.

Healthy families healthy communities: Caring for caregivers. Jennifer Wells, Kathy Jo Ellison and Claire Zizza (Co-Investigator). Alabama Agricultural Initiatives on Natural and Human Resources. Auburn University. January 1, 2007 to September 30, 2009.

Dietary, environmental, and lifestyle factors associated with weight status among college students and other at risk populations. Sareen Gropper and Claire Zizza (Co-Principal Investigator). Alabama Agricultural Experiment Station Grants Program. Auburn University. January 1, 2007 to September 30, 2007.

Dietary behaviors that promote over-consumption: Are food insecurity and food assistance program participation associated with energy imbalance? Claire Zizza (Principal Investigator), Patricia Duffy, and Mark Lino. USDA-Economic Research Service Food Assistance and Nutrition Research Innovation Grants Program: UC Davis. September 1, 2006 to December 31, 2007.

Dietary, environmental, and lifestyle factors associated with weight status. Sareen Gropper and Claire Zizza (Co-Principal Investigator). Alabama Agricultural Experiment Station Hatch Project, Auburn University. October 1, 2005 to September 30, 2010.

#### Grants Related to Teaching

The community partnership service learning program at Auburn University. Claire Zizza, Steven Shumate, Beth Guertal, and Susan Hubbard. USDA-CSREES Higher Education Challenge Grant. August 1, 2006 to July 31, 2009. (Candidate became PI in June 2008).

#### **AWARDS AND HONORS**

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| 2013 | Agricultural & Applied Economics Association's Outstanding Choices Article Award for "Can the Dietary Guidelines for Americans 2010 Help Trim America's Waistline?" |
| 2010 | Women's Philanthropy Board Faculty Award, College of Human Sciences, Auburn University  |
| 2009 | Madison's Who's Who   |

- 2006-07 Office of Communications and Marketing Award for the Most Positive Media Exposure for Research, Auburn University
- 2002-04 Agency for Healthcare Research and Quality, National Research Service Award
- 2000-01 American Dietetic Association, Judith B. Mallison Scholarship
- 1998-99 National Institutes of Health, National Research Service Award
- 1997-98 US Department of Health and Human Services, Public Health Service Traineeship Award
- 1994 American Dietetic Association, Recognized Young Dietitian of the Year
- 1993 United States Department of Agriculture, Human Nutrition Information Service, Certificate of Merit
- 1993 American Cancer Society, District of Columbia Division, Certificate of Merit for outstanding contribution to the Great American Food Fight Against Cancer.
- 1992 American Cancer Society, District of Columbia Division, Certificate of Merit for outstanding contribution to the Great American Food Fight Against Cancer.

## PROFESSIONAL SOCIETIES

- 2010 The Gerontological Society of America
- 2007- American Society for Nutrition
- 2005- The Obesity Society, Fellow
- 1990- Academy of Nutrition and Dietetics (formerly American Dietetics Association)

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## TEACHING EXPERIENCE

*Nutrition and Health* is an introductory course in nutrition and is part of the core curriculum for students in the College of Human Sciences and taken as an elective by many students from a variety of disciplines.

*Community Nutrition* is a sophomore/junior level course which focuses on population-based approaches to health promotion. It is required for Dietetic, Wellness and some graduate students. Candidate developed several portions of this course.

*Nutrition Education* is a junior/senior level course which focuses on a variety of perspectives and strategies designed to facilitate dietary behaviors conducive to health and well-being. It is required for Dietetic and Wellness students and some graduate students. Candidate developed this course.

*Nutritional Assessment* is a junior level course that highlights various techniques for the nutritional evaluation of individuals. The laboratory section of this course allows students hands-on experience with these techniques. It is required for Dietetic, Nutrition Science students and some graduate students. The candidate developed lecture material and laboratory assignments to account for new techniques based on scientific evidence. For example new lectures and laboratory assignments focusing on publically available datasets,

diet analysis programs, and updated food and nutrient based recommendations, all of which are needed to conduct dietary assessments were developed.

Nutrition Counseling is a senior/graduate level course which covers counseling techniques, with an emphasis on Motivational Interviewing, to facilitate health behavior change. It is required for Dietetic and some graduate students. Candidate developed this course.

Methods of Research is a graduate level course required for all Nutrition and Hotel and Restaurant Management students. This course provides an overview of research methods and designs applicable to the disciplines of nutrition, dietetics and hospitality management. Candidate developed several portions of this course.

Research Seminar for Master's Program is a graduate level course that is required for all Food Science (previous to 2011), Nutrition, and Hotel and Restaurant Management students. Examples of topics covered in seminar include food safety and sensory qualities of organic foods as well as vitamin D and physical function in the elderly.

Directed Readings is a graduate level courses that further students' ability to conduct a thorough literature search and systematically summarize peer-reviewed journal articles. Topics for these courses have included 1) techniques to assess food security status, 2) techniques to assess physical activity in children and 3) nutritional epidemiology. Candidate developed this course.

Research Seminar for Doctoral Program is graduate level course that is required for all Food Science (previous to 2010), Nutrition, and Hotel and Restaurant Management students. An example of a topic covered in seminar is the role of antioxidants in aging.

Advanced Topics: Nutritional Epidemiology is a graduate level course which focuses on eating behavior and its influence on health status, disease morbidity, and mortality. Candidate developed this course.

## **PROFESSIONAL SERVICE**

Candidate has reviewed more than 200 manuscripts for various journals.

### **Board of Associate Editors**

Health Behavior and Policy Review, 2014-

### **Board of Editors**

Journal of the Academy of Nutrition and Dietetics, 2007-

Journal of Human Nutrition & Food Science, 2013-

### **Review Board**

American Journal of Health Behavior, 2005-

### **Ad Hoc Reviewer for the Following Journals. (1998-present)**

Alzheimer's & Dementia

American Journal of Clinical Nutrition

American Journal of Preventive Medicine

Applied Physiology, Nutrition, and Metabolism

Asia Pacific Journal of Clinical Nutrition

BMC Public Health

Clinical Nutrition

European Journal of Clinical Nutrition

International Journal of Behavioral Nutrition and Physical Activity

International Journal of Pediatric Obesity

Journal of the American Dietetic Association (2003-2007)

Journal of Cardiovascular & Pulmonary Rehabilitation

Journal of Children and Poverty

Journal of Clinical Epidemiology

Journal of Food Composition and Analysis

Journal of Nutrition

Journal of Nutrition Education and Behavior

Journal of Nutrition, Health and Aging

Nutrition Research

Obesity

Preventive Medicine

Public Health Nutrition

Southern Medical Journal

Value in Health

Invited Chair for Professional Meeting

Co-Chair. Minisymposium at Experimental Biology: Innovation and Validation of Dietary Assessment Tools and Their Applications. April 2015. Reviewed abstracts and organized session (12/2014). Chaired session at meeting.

Co-Chair. Minisymposium at Experimental Biology: Applications and challenges of public use data sets for secondary analysis nutrition research. April 2015. Reviewed abstracts and organized session (12/2014). Chaired session at meeting.

Chair. Symposium at Experimental Biology: Life Course Epidemiology in Nutrition and Chronic Disease Research: A Timely Discussion. April 2013. Prepared proposal, recruited participants, organized session and prepared summary (1/2012). Chaired session at meeting and prepared manuscript based on symposium presentations.

Chair. Minisymposium at Experimental Biology: Advancing Nutritional Epidemiology with Public Use and Commercial Data Sets. April 2013. Reviewed abstracts and organized session (12/2012). Chaired session at meeting.

Chair. Minisymposium at Experimental Biology: Applications and challenges of public use data sets for secondary analysis nutrition research. April 2012. Reviewed abstracts and organized session (12/2011). Chaired session at meeting.

Co-Chair. Minisymposium at Experimental Biology: Influences of water and beverage consumption on nutrition and health status. April 2012. Reviewed abstracts and organized session (12/2011). Chaired session at meeting.

Co-Chair. Minisymposium at Experimental Biology: Influences of water, beverage consumption on health outcomes. April 2011. Reviewed abstracts and organized session (12/2010). Chaired session at meeting.

Invited Reviewer for Professional Meeting

Reviewer. Reviewed poster and oral abstracts (completed in June 2014) for presentation at The Obesity Society's ObesityWeek November 2014.

Judge. Rated graduate student abstracts for Nutritional Epidemiology Research Interest Section Meeting at Experimental Biology, American Society for Nutrition April 2013.

Judge. Rated graduate student abstracts and poster presentations for Nutritional Epidemiology Research Interest Section Meeting at Experimental Biology, American Society for Nutrition April 2013.

Judge. Rated graduate student abstracts and poster presentations for Nutritional Epidemiology Research Interest Section Meeting at Experimental Biology, American Society for Nutrition April 2012.

Judge. Rated student abstracts and poster presentations at the Third International Food and Nutrition Conference at Tuskegee University in October 2011.

Reviewer. Reviewed late-breaking poster and oral abstracts (completed in March 2011) for presentation at Society of Nutrition Education Annual Meeting in July 2011.

Reviewer. Reviewed poster and oral abstracts (completed in February 2011) for presentation at Society of Nutrition Education Annual Meeting in July 2011.

*Invited Reviewer for Federal Agencies*

Reviewer. United States Department of Agriculture, Food Surveys Research Group. Dietary Data Brief: Snacking Patterns of U.S. Adults: What We Eat in America, NHANES 2007-2008. March 18, 2011.

Reviewer. National Cancer Institute. Five modules of Course #3 Dietary Data Survey Orientation for the NHANES Dietary Web Tutorial. December 5 2008.

Reviewer. National Cancer Institute. Five modules of Course #1 Dietary Data Survey Orientation for the NHANES Dietary Web Tutorial. June 18-20 2008.

*Offices in Professional Organizations*

Executive Committee. Nutritional Epidemiology Research Interest Section, American Society for Nutrition 2011-

Secretary. Epidemiology Section of The Obesity Society, 2009-2010

Secretary/Treasurer. Auburn District Dietetic Association, 2008-2010

Treasurer. American Dietetic Association, District of Columbia Metro Area Dietetic Association, 1994-96

Public Relations Chairperson. American Dietetic Association, District of Columbia Metro Area Dietetic Association, 1992-94.

Membership Chairperson. Society for Nutrition Education Local Washington, DC, Affiliate, 1990-93

Advisory Board

Member, Dietetic Internship at the Alabama State Department of Education, Foodservice Systems Management in Child Nutrition, 2013-

**UNIVERSITY SERVICE**

Member. Auburn University Research Representative for the 2016 Alabama Federal Plan of Work for Extension and Research at Alabama A&M, Auburn, and Tuskegee Universities. Program Area: Human nutrition, well-being, health and obesity. November 2014-April 2015.

Member. Administrative review committee for Auburn University's Director of the Interdisciplinary Studies and Academic Counseling and Advising Center. Fall 2014.

Presenter. As a member of ICUT (Innovative and Creative Uses of Technology). Applications for iPad on Teaching and Learning: Professional Development Seminar Series. Hosted by Auburn University Biggio Center. September, 2012. Fifty faculty and staff members participated.

Member. New Media Consortium. Hosted by Auburn University Food Safety Initiative. Trained July through December, 2011.

Volunteer. Center for Food Integrity's Food System Experts Training. Hosted by Auburn University Food Safety Initiative. Trained May 25, 2010.

Volunteer. Campus Community Emergency Response Team. Auburn University Public Safety and Security. Trained May 11-12, 2010.

Judge. Twentieth Annual Graduate Scholars Forum. Auburn University Graduate School. March 6, 2010.

Moderator. Fifth Annual University Hunger Summit: Mobilizing to Feed a Hungry World. February 27, 2010.

Reviewer. University Provost Office's faculty web-based survey on Service Learning. March 13, 2009.

Service to College

Faculty Representative. University Core Curriculum General Education Committee. August 2014-

Reviewer. College of Human Sciences proposal for Alabama Agricultural Experiment Station Project. September 2014.

Member. College of Human Sciences Research Advisory Committee. September 2012-

Reviewer. College of Human Sciences proposal for Alabama Agricultural Experiment Station Project. March 2, 2009.

Faculty Representative. International Quality of Life Awards. December 2005.

Service to Department

Search Committee Member. Assistant/Associate Professor in Nutrition Extension. 2012.

Search Committee Member. Assistant/Associate Professor in Nutrition with a focus on foods, food service or related area. 2011-2013.

Search Committee Chair. Assistant/Associate Professor and Director, Didactic Program in Dietetics. 2010-2011.

Departmental Representative. Faculty Senate, 2007-2010

**COMMUNITY SERVICE**

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Media Interactions

Interviewee. Interviews regarding candidate's published research on snacking and overall diet quality. Interviewed by Karen Rowan of MyHealthNewsDaily. November 14, 2011. Interviewed by Marilyn Knowlton of Bottom Line/Personal, a bimonthly consumer newsletter produced by Boardroom Inc. (one of the country's largest publishers). January 31, 2011.

Interviewee. Interviewed regarding the weight loss industry by Justin Saia of the Auburn Plainsman. March 15, 2008.

Interviewee. Interviewed regarding controlling hunger among Auburn college students by Ayshia Green of the Auburn Plainsman. November 2, 2007.

Interviewee. Interviewed regarding healthy eating among Auburn college students by Emily Hix of the Auburn Plainsman. August 13, 2007.

Interviewee. Interviewed regarding food insecurity in Alabama by Jennifer Davis Rash of The Alabama Baptist. August 6, 2007.

Interviewee. Interviews regarding candidate's published research on snacking in the elderly. Interviewed by Opelika-Auburn News (Amy Weaver), Associated Press (Desiree Hunter), Los

Angeles Times (Janet Cromley), Newsday (Peter King), Tufts' University Health and Science Newsletter (Dana Clayton and David Fryxell), Reuters Health (Amy Norton), Geriatrics Journal (Stephanie Skernivitz), Auburn University Ag Illustrated (Katie Lamar Jackson). Interviews were disseminated nationally as well as internationally through the television, press, radio and internet. May-June 2007.

Guest columnist. Is snacking habit a healthy one? Opelika-Auburn News. March 11, 2005.

*Speaking Engagements and Educational Interactions*

Invited guest speaker. Obesity and Aging. The Alabama Dietary Managers Association Conference. 60 Attendees. September 15, 2011.

Invited guest speaker. Weighty concerns—the growing prevalence of obesity among older adults. Tenth Annual Diabetes and Obesity Conference: Alabama Cooperative Extension System. 75 Attendees (State extension employees and the public). April 19, 2011.

Invited guest speaker. School breakfast in Alabama. Body Quest Premiere. Alabama Cooperative Extension System. 40 Educators from the state of Alabama Nutrition Education Program. February 24, 2011.

20 Invited guest speaker. Ending childhood hunger in Alabama. Committee of 19 Special Event for Hunger Week. 50 Attendees (Auburn students, faculty members and community members) October 12, 2010.

Invited guest speaker. Water intake in older adults. The Alabama Dietary Managers Association Conference. 60 Attendees. September 24, 2009.

Educator. Provided individualized nutrition information to older adults attending a monthly educational offering of the J.W. Darden Community Wellness Center. January 16, 2009.

Invited guest speaker. The importance of perseverance in research. Kappa Omicron Nu: College of Human Sciences Honor Society Initiation Ceremony. 60 Students and parents. October 28, 2007.

Invited guest speaker. The benefits of snacking in older adults. The Alabama Dietary Managers Association Conference. 70 Attendees. September 21, 2007.

Invited guest speaker. Benefits of snacking. The Caregiver Seminar Series: Supported by: Lee-Russell Council of Governments' Area Agency on Aging; Memory and Healthy Aging Center, Lee County Alzheimer's Support Group. 15 Attendees. June 15, 2007.

Invited guest speaker. What is obesity, what causes it, and why is it a big deal? The Alabama Dietary Managers Association Conference. 40-45 Attendees. September 23, 2005.

Invited guest speaker. The epidemiology of obesity in the US: Insights on etiology. The Auburn Dietetic Association, Auburn, Alabama. 15 Attendees. February 8, 2005.