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**Ph.D.**, Nutritional Sciences, Iowa State University

**Research Interests**

My interests include using Community Based Participatory Research (CBPR) to examine the nutritional determinants, consequences, and prevention of diet related health disparities in ethnic minority and low-income populations. I am also interested in developing interventions and tools to assess and prevent unwanted and unhealthy weight gain in underserved populations. Ultimately, I work to increase the quality of life of ethnic minority, low-income, and underserved populations by developing and implementing sustainable programs that change negative nutrition behaviors.

**Selected Publications**

1. Colby, S., Olfert, M., Brown-Esters, O., Shellnut, K. A social marketing campaign to promote health on a college campus. *Journal of American College Health*. (In Review)
2. Horacek, T., Erdman, M., Reznar, M., Olfert, M., Brown-Esters, O., Kattelman, K.K., Kidd, T., Koenings, M., Phillips, B., Quick, G., Shelnut, K., & White, A. (2012) Evaluation of the food store environment on and near the campus of 15 post-secondary institutions. *American Journal of Health Promotion*. (In Press)
3. Szymona, K., Quick, V., Olfert, M., Shelnut, K., Kattelman, K.K., Brown-Esters, O., Colby, S.M., Beaudoin, C., Lubniewski, J., Maia, A.M., Horacek, T., & Byrd-Bredbenner, C. (2012) The university environment: A comprehensive assessment of health-related advertisements. *Health Education*. (In Press)
4. Walsh, J., Hebert, A., Byrd-Bredbenner, C., Carey, G., Brown-Esters, O., Hoerr, S., Horacek, T., Kattelman, K., Kidd, T., Koenings, M., Nitzke, S., Phillips, B., Shelnut, K., & White A. (2012) The development and preliminary validation of the Behavior, Environment, and Changeability Survey (BECS). *Journal of Nutrition Education and Behavior*. (In Press)
5. Brown-Esters, O., McNamara, P., & Savaiano, D. (2012) Dietary and biological factors influencing lactose intolerance. *International Dairy Journal*, 22 (2), 98-103.

6. Esters, O., Boeckener, L.S., Hubert, M., Horacek, T., Kritsch, K.R., Oakland, M.J., Lohse, B., Greene, G., & Nitzke, S. (2008) Educational telephone calls reach young adults for cost-effective promotion of eating behavior change. *Journal of Nutrition Education and Behavior*, 40(4), 258-264.

### **Selected Research Projects**

Y.E.A.H. (Young adults Eating and Active for Health): A web-based intervention using the community based participatory research (CBPR) and stages of change to help young adults prevent excessive weight gain by increasing fruit and vegetable consumption, physical activity and positive stress-coping behaviors.