

Stephanie Bell Jilcott Pitts, PhD

Professor

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Education

- **Ph.D.** in Nutrition (Epidemiology minor), University of North Carolina at Chapel Hill, May 2006
 - **B.S.** in Biology (Chemistry and Information & Library Science minor), University of North Carolina at Chapel Hill, May 2001
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Positions and Employment

- **2018 – Present:** Full Professor with Tenure, East Carolina University, Department of Public Health, Greenville, NC
 - **2013 – 2018:** Associate Professor (Tenured), East Carolina University, Department of Public Health, Greenville, NC
 - **2008 – 2013:** Assistant Professor, East Carolina University, Department of Public Health, Greenville, NC
 - **2006 – 2008:** Nutrition Programme Officer, World Harvest Mission, Bundibugyo, Uganda
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Leadership, Honors, and Awards

- **2021:** Course Redesign Mini-Grant for Quality Matters Certification
- **2018:** ECU Scholar Teacher Award
- **2016 – 2017:** BB&T Active Learning and Leadership Program
- **2015 – Present:** Member, Nutrition and Obesity Policy Research and Evaluation Network (NOPREN)
- **2012 – Present:** Member, NIH Obesity Policy Research Network
- **2011 – Present:** East Carolina Diabetes and Obesity Institute Leadership Team
- **2010:** East Carolina University Engaged Outreach Scholars Academy
- **2009:** Dannon Nutrition Leadership Institute – Class of 2009
- **2006:** Hughes Bryan Outstanding Doctoral Student Award

- **2006:** Delta Omega Honor Society, Theta Chapter
- **2002 – 2004:** National Institutes of Health Traineeship
- **2004 – 2006:** Lineberger Comprehensive Cancer Center’s Predoctoral Fellowship
- **2005:** Frank Porter Graham Honor Society
- **2003:** Naomi Koehler Endowment Award
- **2001:** Phi Beta Kappa
- **2001:** National Society of Collegiate Scholars
- **2001:** Golden Key National Honor Society

Teaching

Teaching Statement

As an educator, my goal is to deliver high-quality instruction that prepares students to become effective public health professionals in diverse settings. Through my teaching in the Master of Public Health (MPH) program at East Carolina University, I aim to provide students with the knowledge, critical thinking skills, and practical experience necessary to address public health challenges. I emphasize active learning, leadership development, and applied research methods, ensuring that students gain both theoretical understanding and hands-on experience.

Teaching Philosophy

I strive to create a student-centered learning environment that is engaging, inclusive, and applicable to real-world public health practice. My approach is guided by the following principles:

- **Active Learning and Leadership Development:** I integrate interactive teaching strategies, case studies, and applied projects to foster critical thinking and problem-solving skills. I have completed the BB&T Active Learning and Leadership Course, which has informed my course design and instructional methods.
- **Application of Research to Practice:** I emphasize the use of qualitative and quantitative research methods to prepare students for evidence-based decision-making in public health.
- **Innovative Course Design and Online Teaching Excellence:** I continuously enhance my courses using best practices in online education. In Fall 2021, I received a course design mini-grant to obtain Quality Matters Certification for MPH 6027: Mixed-Methods Research, and I achieved official Quality Matters Certification in February 2022. In Fall 2024, I also completed a course titled “Teaching Online: Graduate Course Design, Delivery, and Teaching Presence” to enhance my online teaching presence.
- **Mentorship and Professional Development:** I provide one-on-one mentorship for students through capstone projects, theses, and dissertations, guiding them toward professional success.

Courses Taught

Master of Public Health (MPH) Courses

- MPH 6027: Mixed-Methods Research (2010–Present)
 - Focuses on integrating qualitative and quantitative data in public health research.
 - Role: Course Director, Sole or Co-Instructor.
 - Received Quality Matters Certification (2022).
- MPH 6502: Public Health Project Management (2025–Present)
 - Designed and developed this 1-credit hour course focusing on project management, timeline development, staff training, and budgeting.
 - Role: Course Director, Sole or Co-Instructor.
- MPH 6903/6904/6905: Applied Field Practicum – Community Health and Health Behavior Sections (2021–Present)
 - Provides students with hands-on public health experience in real-world settings.
 - Role: Course Director
- MPH 6013: Behavioral Sciences and Health Education (2009–2015)
 - Covers health behavior theories and applications for health promotion programs.
 - Role: Sole or Co-Instructor (Face-to-Face Section).
- MPH 6991/6992: Professional Paper I & II (2008–Present)
 - Capstone research mentorship course in the MPH program.
 - Role: One-on-one mentorship and research guidance.

Doctor of Public Health (DrPH) Mentorship

- Christina Schreckengaust (2024–Present): DrPH Committee Member.
- Maurica Bynum (2022–2024): DrPH Committee Member.

Guest Lectures and Additional Teaching Contributions

- Delivered guest lectures on:
 - Policy and Environmental Change Strategies to Reduce Obesity
 - Qualitative Research Methods
 - Conceptual Models and Program Evaluation
 - The Rural Food Environment
 - Environmental Epidemiology (UNC-Chapel Hill)

- Mentored students in the Pitt County High School Medical Honors Program and the East Carolina University Honors Program (2017–2019).

Commitment to Student Success

Beyond the classroom, I am dedicated to fostering professional growth and career readiness among students. Whether through course development, mentorship, or innovative teaching strategies, my ultimate goal is to prepare students to be effective and impactful public health professionals in their respective fields.

Since beginning at ECU in 2008, I have taught *MPH 6991/2 Professional Paper I and II*, which is a capstone course in the Master of Public Health Program. Below is a list of professional paper titles by year.

2024-25

- The Impact of Educating Youth on Healthy Food Access and Behaviors
- An Evaluation of the Fresh Start Intervention
- A Scoping Review of Environmental Risk Factors Associated with Pediatric Cancer
- A Comprehensive Literature Review Examining the Maternal Nutritional factors associated with gestational diabetes and gestational hypertension
- An Evaluation of Healthy Foods Education and Access Mini Grant Projects in Eastern Rural N.C.
- Examining Associations Between Healthy Food Access, Exercise Opportunities, Low Birth Weight, and Infant Mortality Rates in North Carolina Counties

2023-24

- Association Between Skin Carotenoid Scores and Carotenoid Species in a Racially and Ethnically Diverse Sample of Adults
- A Systematic Review of Mobile Applications to Improve Maintenance of Healthful Dietary Changes
- Examining Facilitators and Barriers to Participation in Diabetes Prevention Program Among Spanish-Speaking Hispanic Women
- Bridging Gaps and Breaking Barriers: A Systematic Literature Review on Pre-Exposure Prophylaxis (PrEP) for HIV in Rural Communities
- A Systematic Literature Review of Nutrition Interventions Implemented to Address Food Insecurity as a Social Determinant of Health
- A Systematic Review and Meta-Ethnography to Determine Critical Constructs of Nutrition Security
- Evaluation of the Produce Prescription Program through Utilization of Interviews with Farmers and Farmers' Market Owners in the Northeast Region of North Carolina

2022-23

- Examining associations between access to healthy foods, Walk Score™, fruit and vegetable intake, and physical activity in rural and urban communities
- Strategies for comprehensive sexual education for LGBTQ+ youth living in the Bible Belt: A systematic literature review

2021-22

- Diabetes Prevention Program Quality Improvement Project at East Carolina Physicians Family Medicine Nutrition Department
- Evaluation of a Produce Box Program in Eastern North Carolina
- Understanding the Relationship Between Healthy Food Small Retailer Program Corner Store Purchases and Individual Skin Carotenoid Scores

2020

- Associations between intentions to purchase fruits and vegetables and fruit and vegetable intake among North Carolina farmers' market customers

2019

- How has FDA regulation affected vape shops?
- Using Social Media to Increase Adolescent's Consumption of Healthy Foods at Lunch At a Martin County High School

2018

- A mixed-methods examination of perspectives regarding the effectiveness of two rewards-based strategies (a lottery system versus a punch card system) to promote healthy food and beverage choices among customers in an eastern North Carolina corner store
- An Examination of Food and Beverage Items Purchased Online versus In Store among Special Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC) Participants in Eastern NC
- Examining perceived advantages and disadvantages of online grocery shopping among women enrolled in the Special Supplemental Nutrition Assistance Program for Women, Infants, and Children
- Examining associations between skin carotenoids as assessed by reflection spectroscopy, proportion of fruit and vegetable purchases in supermarkets, and body mass index (BMI) among eastern North Carolina grocery store customers

2017

- A Qualitative Comparison of Traffic Light Labeling versus Physical Activity Caloric Expenditure Labeling to promote healthier purchases in an Eastern North Carolina Corner Store
- Examining the association between blood pressure and body mass index among farmers and farmworkers in North Carolina
- An Examination of Associations between Proximity to Farmers' Markets, Frequency of Farmers' Market Shopping, Measured and Self-Reported Fruit and Vegetable Consumption, and Body Mass Index among Rural Eastern North Carolina Residents
- Examining 15-19-year-old teen pregnancy rates in North Carolina between 2000 and 2015: Is there evidence that comprehensive sexual education might be making a difference?

2016

- Examining the association between screen time, BMI, and beverage and snack consumption among North Carolina youth
- An assessment of environmental and individual-level barriers to physical activity in a rural setting in North Carolina
- Labeling Strategies to Reduce High-Calorie Food and Beverage Purchases in a Children's Hospital Setting.
- The impact of a 3-month step competition on the steps per day, BMI, presenteeism, and absenteeism among employees at Triangle Orthopaedic Associates
- An Examination of Sexually Transmitted Diseases (STDs) and Potential Treatment Disparities: from the Emergency Departments to the Health Department

2015

- Examining the association between community garden knowledge and participation and self-reported fruit and vegetable consumption among residents of West Greenville, North Carolina
- North Carolina health directors' and county commissioners' perception of 'winnability' of local food- related obesity prevention policy change strategies.
- Analysis of Chronic Disease Self-Management Program: The Completion Rates in the Centralina Region within of North Carolina.

2014

- A Systematic Review of Breastfeeding Determinants in Developing Latin American and Caribbean Countries.
- Knowledge and Perceived Risk of Gestational Diabetes among Low-Income Women in Wake County, NC.

2013

- Examining associations between county and municipality zoning ordinances and access to fruit and vegetable outlets in rural North Carolina.
- Implementation and Use of Menu Labeling in Chain Restaurants in Pitt County, North Carolina.
- Associations between Regional Characteristics and Implementation of the Physical Activity Component of the North Carolina Healthy Active Children Policy.
- Prevalence of Methicillin-resistant Staphylococcus aureus Colonization among Migrant Farmworkers in eastern North Carolina.
- The Association between the Consumption of Sugar Sweetened Beverages and Fruit and Vegetable Consumption and Obesity: A study of Supplemental Nutrition Assistance Program (SNAP) participations in Pitt County, North Carolina.
- Associations between Fast Food Consumption and Body Mass Index among Supplemental Nutrition Assistance Program (SNAP) Participants in Pitt County, North Carolina.

2012

- An Intervention to Reduce Artificial Tanning among Adolescents and Young Adults in Nash County, Eastern North Carolina.
- Incorporating Previously Tested Strategies for Obesity Prevention Policy and Environmental Worksite Wellness Initiatives to Improve Employee Nutrition and Physical Activity Behaviors in Pitt County Worksites.
- Racial differences in barriers to accessing professional mental health services.
- An analysis of supermarket sales receipts among Supplemental Nutrition Assistance Program in Eastern North Carolina.
- Comparing driving distance from Health Professional Shortage Area (HPSA) counties versus non-HPSA counties.

2011

- Incorporating Product, Price, Placement, and Promotion to promote healthier foods in corner stores.
- Addressing Vitamin A Deficiency in Rural Uganda.
- The Role of Public Health in Community Grief Support.
- Awareness of Dental Public Health-The Dental Provider's Perspective A qualitative mixed-methods study surveying dentists in North Carolina on their perceptions of dental therapists in bridging the gap in access to quality dental care.
- Diabetes Management Facilitators and Barriers among African American Adults in North Carolina.
- Association between Body Mass Index and Perceived Neighborhood Barriers to Physical Activity and Healthful Nutrition among Low-Income Women of Reproductive Age in Pitt County, NC.
- Implementation and Evaluation of a nutrition intervention to increase fruit sales at an urban corner store.
- An Examination of Social and Cultural Determinants of Health that Influence Insufficient Oral Health Care of US Preschoolers: A Review of the Literature.

2010

- A Review of the Consequential Effects of Occupational Violence within the Worksite among Federal workers in the United States.
- An Analysis of Preferred Maternal Education Topics among Prenatal and Postpartum Women Employed in an Urban Corporate Setting in North Carolina.
- Correlates of Access to Dental Care among Patients in Health Care Facilities in Eastern North Carolina.
- An Exploration of Barriers to EFNEP (SNAP-ED) Program Participation among Food Stamp Recipients in Pitt County, North Carolina.
- Examination of 2010 Influenza Vaccination Rate in Eastern North Carolina Hospital Employees.

2009

- Acculturation, food security, diet quality, and body mass index among preconception aged Latina women in Pitt County, North Carolina.
- A Review of Physical Activity Correlates for Adolescents.

- Update and Integration of the Competencies for Future Health and Wellness Professionals.

2008

- Youth residential weight-loss programs: potential strategies to increase effectiveness and a case study of the Eastern North Carolina experience.
- An Examination of Provider Education Methods in North Carolina Public Health Campaigns.
- An Examination of Sexual Risk Behaviors & HPV Vaccination Initiation in College Females.

Research

Scientific Statement of Interest

My research focuses on the intersection of nutrition, public health, and policy, with an emphasis on improving access to healthy foods, obesity prevention, and the use of objective biomarkers to assess dietary intake. As a professor at East Carolina University's Department of Public Health, I lead interdisciplinary research aimed at informing policies and interventions that promote health in rural and underserved populations.

Use of Skin Carotenoids as an Objective Measure of Fruit and Vegetable Intake

A key area of my research explores the use of skin carotenoids as a biomarker for fruit and vegetable (FV) intake. My team has utilized the Veggie Meter™, a non-invasive device that measures skin carotenoids through pressure-mediated reflection spectroscopy, to assess FV intake in community-based studies. We have applied this method to evaluate the impact of a state-wide healthy corner store policy, in supermarkets in Eastern North Carolina, and in a validation study comparing skin and plasma carotenoids in a racially diverse sample. Our findings contribute to the growing evidence base supporting skin carotenoids as a valid and reliable measure of dietary intake.

Obesity Prevention Policy and Environmental Change

Much of my work has focused on policy and environmental change strategies to prevent obesity, particularly in rural areas. I formerly co-led the CDC-funded Nutrition and Obesity Policy Research and Evaluation Network's (NOPREN) Rural Food Access Working Group and have served as a lead evaluator for multiple CDC-funded initiatives, including the Communities Putting Prevention to Work grant, the NC Community Transformation Grant Project, and the Partnerships to Improve Community Health grant. These projects have aimed to create sustainable policy and environmental changes that increase access to healthy food options and opportunities for physical activity in low-income and rural communities.

Access to Healthy Food in Underserved Populations

Another major area of my research examines facilitators and barriers to healthy food access among rural adults, women of reproductive age, and Supplemental Nutrition Assistance Program (SNAP) participants. Using mixed-methods research approaches, my team has investigated food

environments, consumer behaviors, and policy interventions to improve food security and dietary quality. This work has provided critical insights into strategies that can enhance healthy food access in rural, low-income communities.

Improving Healthy Food Access through Direct Farm-to-Consumer Outlets

I have also been a leader in public health nutrition research related to farmers' markets and other direct farm-to-consumer outlets. My research has examined how policy factors, farmers' market accessibility, and incentive programs (such as SNAP and the Farmers' Market Nutrition Program) influence produce consumption and obesity-related outcomes. As part of multi-state collaborations, I have helped develop tools to assess farmers' market characteristics that can enhance produce purchases and consumption. This work informs efforts to leverage farmers' markets as a strategy to improve diet quality and reduce obesity.

Associations Between Access to Healthy Food, Physical Activity Opportunities, and Obesity

Finally, I have conducted research utilizing Geographic Information Systems (GIS) and publicly available datasets, such as the USDA Food Environment Atlas, to examine associations between food access, physical activity environments, and obesity rates. My studies have explored how built environment factors, such as grocery store density, recreational spaces, and walkability, impact dietary behaviors and health outcomes, particularly among youth and rural populations.

Future Directions

Moving forward, my research will continue to explore policy-driven approaches and community-based interventions that promote healthy nutrition. I aim to expand the use of objective dietary assessment tools, such as skin carotenoid measurements, and to further evaluate policy and environmental strategies that promote sustainable health improvements in rural and underserved communities. By integrating epidemiological methods, public health policy research, and community engagement, I strive to develop evidence-based solutions that support health promotion and long-term public health impact.

Peer-Reviewed Publications

2025

- Myers A, Cherry CW, Lewis E, Underhill A, Dodson D, **Jilcott Pitts SB**. Perspectives on improving healthy food access in rural eastern North Carolina. *American Journal of Health Behavior*, Accepted February, 2025
- Wu Q, Cherry CW, **Jilcott Pitts SB**, Laska MN, Craft NE, Moran NE. A reflection-spectroscopy measured skin carotenoid score strongly correlates with plasma concentrations of all major dietary carotenoid species except for lycopene. *Nutrition Research*, Volume 133, January 2025, Pages 127-137
- Faul CB, **Jilcott Pitts SB**, Calloway E, Seligman H, Reis H, Cherry CW, Hatsu IE, Babatunde OT, MacMillan Uribe AL, McGuirt JT, Seguin-Fowler RA. A meta-ethnography to determine critical constructs of nutrition security. *Journal of Nutrition Education and Behavior*, Accepted Nov 2024.

2024

- Williams B, **Jilcott Pitts SB**, Onufrak S, et al. A Qualitative Exploration of Barriers, Facilitators, and Best Practices for Implementing Environmental Sustainability Standards and Reducing Food Waste in Veterans Affairs Hospitals. *J Hum Nutr Diet*. 2024;1–12. DOI: 10.1111/jhn.13357
- Busse KR, Poppe KI, Wu Q, **Jilcott Pitts SB**, Haynes-Maslow L, Ammerman AS, Krzyzanowski Guerra K, Plakias Z, Hanks AS, Garrity K, Gillespie R, Houghtaling B, Seguin-Fowler RA, Garner JA. Household Food Sourcing Patterns and Their Associations with Food Insecurity in Appalachian Ohio. *J Acad Nutr Diet*. 2024 Jul 23:S2212-2672(24)00722-6. doi: 10.1016/j.jand.2024.07.162. Online ahead of print.
- Hasnin S, Dev DA, **Jilcott Pitts SB**. Evidence for Criterion-related Validity of Pressure-Mediated Reflection Spectroscopy for Approximating Fruit and Vegetable Consumption among Preschool Children. *J of Nutrition*. [Volume 154, Issue 1](#), January 2024, Pages 261-270 <https://doi.org/10.1016/j.tjnut.2023.11.022>

2023

- **Jilcott Pitts SB**, Wu Q, Moran NE, Laska MN, Harnack L. Examining potential modifiers of human skin and plasma carotenoid responses in a randomized trial of a carotenoid-containing juice intervention. [Volume 153, Issue 11](#), November 2023, Pages 3287-3294. <https://doi.org/10.1016/j.tjnut.2023.09.014>
- Dixon JB, Stage V, Truesdale KP, Wu Q, Kolasa K, Haynes-Maslow L, McGuirt JT, **Jilcott Pitts SB**. Associations between food and beverage purchases and skin carotenoids among diverse small food retail store customers, *Public Health Nutrition*, [Volume 26, Issue 11](#), November 2023, pp. 2211 - 2217
- Marshall GA, Garner JA, Hanson KL, Ammerman AS, **Jilcott Pitts SB**, Kolodinsky J, Sitaker M, Seguin-Fowler RA. Fruit and Vegetable Preparation Changes During and After Cost-Offset Community Supported Agriculture plus Nutrition Education. *Journal of Nutrition Education and Behavior*, [Volume 55, Issue 8](#), August 2023, Pages 575-584 <https://doi.org/10.1016/j.jneb.2023.05.002>
- Hao S, **Jilcott Pitts SB**, Iasiello J, Mejia C, Quinn AW, Popowicz P, Mitsakos A, Parikh AA, Snyder RA. A mixed-methods study to evaluate the feasibility and acceptability of implementing an electronic health record social determinants of health screening instrument into routine clinical oncology practice, *Annals of Surgical Oncology*. 2023 Aug 22. PMID: **37606839** DOI: 10.1245/s10434-023-14124-9
- Hasnin S, Dev DA, Swindle T, Sisson SB, **Jilcott Pitts S**, Purkait T, Clifton SC, Dixon J, Stage JC. Systematic Review of Reflection Spectroscopy-Based Skin Carotenoid Assessment in Children. *Nutrients* 2023, *15*(6), 1315; <https://doi.org/10.3390/nu15061315>
- Garner JA, Hanson KL, **Jilcott Pitts SB**, Kolodinsky J, Sitaker MH, Ammerman AS, Kenkel D, Seguin-Fowler RA. Cost analysis and cost effectiveness of a subsidized community supported agriculture intervention for low-income families. *Int J Behav Nutr Phys Act*. 2023 Jul 10;20(1):84. doi: 10.1186/s12966-023-01481-7. PMID: 37430305; PMCID: PMC10332029.
- Norris K, **Jilcott Pitts SB**, Reis H, Haynes-Maslow L. A systematic literature review of nutrition interventions implemented to address food insecurity as a social determinant of health. *Nutrients* 2023, *15*(15), 3464; <https://doi.org/10.3390/nu15153464>

- Hasnin S, Dev DA, Swindle T, Sisson SB, **Jilcott Pitts S**, Purkait T, Clifton SC, Dixon J, Stage VC. Systematic Review of Reflection Spectroscopy-Based Skin Carotenoid Assessment in Children. *Nutrients* 2023, *15*(6), 1315; <https://doi.org/10.3390/nu15061315> (registering DOI)
- **Jilcott Pitts SB**, Moran NE, Laska MN, Wu Q, Harnack LJ, Moe SG, Carr-Manthe P, Gates E, Chang J, Zaidi Y, Gelineau A, Berg L, Craft NE. Reflection spectroscopy-assessed skin carotenoids are sensitive to change in carotenoid intake in a six-week randomized controlled feeding trial in a racially/ethnically diverse sample. *J of Nutrition*, Feb 2023, :S0022-3166(23)12620-4. DOI: 10.1016/j.tjnut.2023.02.017 PMID: 36804322

2022

- Carmen Byker Shanks C, Andress L, Hardison-Moody A, **Jilcott Pitts SB**, Patton-Lopez M, Prewitt TE, Dupuis V, Wong K, Kirk-Epstein M, Engelhard E, Hake M, Osborne I, Hoff C, Haynes-Maslow L. Food Insecurity in the Rural United States: An Examination of Struggles and Coping Mechanisms to Feed a Family Among Households with a Low-income. *Nutrients* 2022, *14*(24), 5250; <https://doi.org/10.3390/nu14245250>
- Katz BN, Soldavini JM, Grover K, **Jilcott Pitts S**, Martin S, Thayer L, Ammerman AS, Lane HG. “Let’s use this mess to our advantage”: calls to action to optimize school nutrition programs beyond the pandemic. *International Journal of Environmental Research and Public Health*. 2022, *19*, 7650. <https://doi.org/10.3390/ijerph19137650>
- Lyonais MJ, Rafferty AP, Spratt S, **Jilcott Pitts SB**. A produce prescription program in eastern North Carolina results in increased voucher redemption rates and increased fruit and vegetable intake among participants. *Nutrients*, 2022, *14*(12), 2431; <https://doi.org/10.3390/nu14122431>
- McGuirt JT, **Jilcott Pitts SB**, Labban JD, Anderson Steeves B, Haynes-Maslow L, Henry S, Gustafson A. Evidence of geospatial and socioeconomic disparities in access to online grocery shopping for fresh and frozen produce in North Carolina, *Journal of the Academy of Nutrition and Dietetics*, Volume 122, Issue 11, November 2022, Pages 2106-2114
- Hanson K, Xu L, Marshall GA, Sitaker M, **Jilcott Pitts SB**, Kolodinsky J, Bennett A, Carriker S, Smith D, Ammerman AS. Participation in Cost-offset Community Supported Agriculture by Low-income Households in the U.S. is Associated with Community Characteristics and Operational Practices. *Public Health Nutrition*. 2022;e-pub ahead of print:1-25. doi:10.1017/S1368980022000908.
- Lyonais MJ, Kaur A, Rafferty A, Johnson N, **Jilcott Pitts S**. A mixed-methods examination of the impact of the partnerships to improve community health produce prescription initiative in northeastern North Carolina. *Journal of Public Health Management and Practice*. May 2022, *28*(3):233-242 DOI: [10.1097/phh.0000000000001490](https://doi.org/10.1097/phh.0000000000001490) PMID: 35121710
- Poston J, Watkins R, **Jilcott Pitts SB**, Stage VC, Lazorick S. Adaptation of a modified Diet Quality Index to quantify healthfulness of food-related toy sets. *Childhood Obesity*, 3 Mar 2022, <https://doi.org/10.1089/chi.2021.0273>
- Hanson KL, Meng X, Volpe LC, **Jilcott Pitts S**, Bravo Y, Tiffany J, Seguin-Fowler RA. Farmers’ Market Nutrition Program Educational Events Are Broadly Accepted and May Increase Knowledge, Self-Efficacy and Behavioral Intentions. *Nutrients* January 2022, *14*(3), 436; <https://doi.org/10.3390/nu14030436>

- Belarmino EH, Kolodinsky J, Ammerman AS, Connor Volpe L, Brown C, **Jilcott Pitts SB**, Hanson KL, Sitaker M, Wang W, McGuirt J, Carfagno M, Hunsinger E and Seguin-Fowler RA. Growing Opportunities for Equitable, Interdisciplinary Undergraduate Food Systems Education: A Review of Food Systems Education at Land-Grant Institutions and Development of Open-Access Materials. *Front. Sustain. Food Syst.*, January 2022, 5:756584. doi: 10.3389/fsufs.2021.756584.
- **Jilcott Pitts SB**, Moran NE, Wu Q, Harnack L, Craft NE, Hanchard N, Bell RA, Moe SG, Johnson N, Obasohan J, Carr-Manthe P, Laska MN. Pressure-Mediated Reflection Spectroscopy Criterion Validity as a Biomarker of Fruit and Vegetable Intake: A Two-Site Cross-Sectional Study of Four Racial Or Ethnic Groups. *The Journal of Nutrition*, Volume 152, Issue 1, January 2022, Pages 107–116, <https://doi.org/10.1093/jn/nxab349>
- Kelley CJ, Hanson KL, Marshall GA, Volpe LC, **Jilcott Pitts SB**, Rafferty AP, Seguin-Fowler R. Associations between farmers' market shopping behaviors and objectively measured and self-reported fruit and vegetable intake in a diverse sample of farmers' market shoppers: a cross-sectional study in New York City and rural North Carolina. 2022 Mar;25(3):600-606. doi: 10.1017/S1368980021004602. Epub 2021 Nov 18. PMID: 34789356
- **Jilcott Pitts SB**, Johnson N, Wu Q, Firnhaber G, Kaur A, Obasohan J. A meta-analysis of studies examining associations between resonance Raman spectroscopy-assessed skin carotenoids and plasma carotenoids among adults and children. *Nutrition Reviews*. 2022 Jan 10;80(2):230-241. doi: 10.1093/nutrit/nuab016.

2021

- **Jilcott Pitts SB**, Volpe LC, Sitaker M, Belarmino E, Sealey A, Wang W, Becot F, McGuirt J, Ammerman A, Hanson K, Kolodinsky J, Seguin-Fowler R. Offsetting the cost of Community Support Agriculture (CSA) for low-income families: Perceptions and experiences of CSA farmers and members. *Renewable Agriculture and Food Systems*. **November 2021** 1–11. <https://doi.org/10.1017/S1742170521000466>.
- Boys KA, Haynes-Maslow L, McGuirt JT, Ammerman AS, Van Fleet E, Johnson NE, Kelley CJ, Donadio, VE, Fleischhacker S, Truesdate KP, Bell RA, **Jilcott Pitts SB**. Perceived barriers and facilitators to participating in the North Carolina Healthy Food Small Retailer Program: A mixed-methods examination considering investment effectiveness. *Public Health Nutrition*. September 2021. 24(18), 6555–6565 doi:10.1017/S1368980021003955.
- Sitaker M, McCall M, Wang W, Vaccaro M, Kolodinsky JM, Ammerman A, **Jilcott Pitts S**, Hanson K, Smith DK, Seguin-Fowler RA. Models for cost-offset community supported agriculture (CO-CSA) programs. *Journal of Agriculture, Food Systems, and Community Development*. August 2021; 10(4), 157–172.. doi:10.5304/jafscd.2021.104.003.
- Seguin-Fowler R, Hanson K, **Jilcott Pitts SB**, et al. Community Supported Agriculture plus Nutrition Education Improves Skills, Self-efficacy, and Eating Behaviors among Low-Income Caregivers but not their Children: A Randomized Controlled Trial. *International Journal of Behavioral Nutrition and Physical Activity*. August 2021;18, 112. doi:10.1186/s12966-021-01168-x.

- Haynes-Maslow L, **Jilcott Pitts SB**, Boys KA, McGuirt JT, Fleischhacker S, Ammerman AS, Johnson N, Kelley C, Donadio VE, Bell RA, Laska MN. Qualitative perspectives of the North Carolina healthy food small retailer program among customers in participating stores located in food deserts. *BMC Public Health*. July 2021;21,1459. doi: 10.1186/s12889-021-11509-x.
- Radtke MD, Poe M, Stookey J, **Jilcott Pitts S**, Moran NE, Landry MJ, Rubin LP, Stage VC, Scherr RE. Recommendations for the Use of the Veggie Meter® for Spectroscopy-based Skin Carotenoid Measurements in the Research Setting. *Current Developments in Nutrition*. July 2021;nzab104. doi:10.1093/cdn/nzab104.
- Seguin-Fowler R, Hanson K, Marshall, G Belarmino E, **Jilcott Pitts SB**, Kolodinsky J, Sitaker M, Ammerman A. Fruit and vegetable intake assessed by repeat 24-hr recalls, but not by a dietary screener, is associated with skin carotenoid measurements in children. *Nutrients*. March 2021;13(3), 980. doi:10.3390/nu13030980.
- **Jilcott Pitts SB**, Wu Q, Truesdale KP, Rafferty AP, Haynes-Maslow L, Boys KA, McGuirt JT, Fleischhacker S, Johnson N, Kaur AP, Bell RA, Ammerman AS, Laska MN. A four-year observational study to examine the dietary impact of the North Carolina 4 healthy food small retailer program, 2017– 2020. *International Journal of Behavioral Nutrition and Physical Activity*. March 2021;18(44). doi:10.1186/s12966-021-01109-8
- Burkholder S, **Jilcott Pitts S**, Wu Q, Bayles J, Baybutt R, Stage VC. Skin carotenoid levels over time and differences by age and sex among head start children (3-5 years) living in eastern north carolina. *Journal of Nutrition Education and Behavior*. Feb 2021. doi: 10.1016/j.jneb.2020.10.019.

2020

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2011

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2008

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2007

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2005

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cardiovascular health program for Alaska Native women. *Health Promotion Practice*. 2005;6(4), 472-481. doi:10.1177/1524839904263725.

2004

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Commentary

- Brothers S, **Jilcott Pitts SB**. The Need for Evidence-Based Interventions to Reduce Food Insecurity Among College Students. *Journal of Appalachian Health*. doi:10.13023/jah.0202.01

Book Chapters

- Haynes-Maslow L, Jilcott Pitts SB. Chapter 4. Public Health and Food Policy: Role in Public Health Nutrition; in *Public Health Nutrition: Rural, Urban, and Global Community-Based Practice*. Springer, 2020.
- Seguin-Fowler RA, **Jilcott Pitts SB**, Shanks CB, Babatunde OT, Maddock JE. Nutrition and Healthy Eating in Rural America. Chapter 6 in: *Rural Healthy People 2030*. College Station, TX: Texas A&M University School of Public Health, Southwest Rural Health Research Center; 2023.

Presentations

2025

- Invited presentation at the Gordon Conference on Carotenoids, “The use of reflection-spectroscopy assessed skin carotenoids in public health nutrition studies”, part of a panel titled “Carotenoids in Disease Prevention and Health”, Ventura, California, January 2025.

2024

- Jilcott Pitts SB, Moran NE, Laska MN, Wu Q, Harnack L, Validity and Sensitivity of the Veggie Meter®, 2024 Society for Nutrition Education and Behavior Annual Meeting, Knoxville, TN July 29 – August 1, 2024.
- Sisson SB, Helms EL, Casperson S, Hasnin S, Jilcott Pitts S, Stage VC, Long C, Swindle T, Dev DA, Braun A, Stookey J, Cape R, Baldwin J. 2024 Society for Nutrition Education and Behavior Annual Meeting, Knoxville, TN July 29 – August 1, 2024.

2023

- Jilcott Pitts SB. Invited Research Talk to undergraduate, graduate students and faculty at the University of North Carolina at Greensboro. “Use of the Veggie Meter® to evaluate public health nutrition interventions.” September 2023. Virtual.
- Jilcott Pitts SB, Moran NE, Laska MN, Wu Q, Harnack L, Moe S, Carr-Manthe P, Gates E, Chang J, Zaidi Y, Gelineau A, Berg L, Craft NE. “Reflection spectroscopy-assessed skin carotenoids are sensitive to change in carotenoid intake in a six-week randomized controlled feeding trial.” Poster presentation at the East Carolina Diabetes and Obesity Research Institute Research Retreat, August 2023.
- Busse KR, Poppe KI, Wu Q, **Jilcott Pitts SB**, Haynes-Maslow L, Ammerman AS, Guerra KK, Plakias Z, Hanks AS, Garrity K, Gillespie R, Houghtaling B, Seguin-Fowler RA, Garner JA. Household Food Security and Food Sourcing Patterns during the COVID-19 Pandemic in Appalachian Ohio. Presented, Society for Nutrition Education and Behavior, July 2023, Washington DC.
- Han Y, Mwesigwa S, Laska M, Jilcott Pitts SB, Moran NE, Hanchard NA. Common Genetic Variants are Associated with Plasma and Skin Carotenoid Concentrations in a Diverse US Population. International Conference on Intelligent Biology and Medicine (ICIBM), July 16th -19th, 2023 in Tampa, FL.
- Han Y, Mwesigwa S, Laska MN, Jilcott Pitts SB, Moran NE, Hanchard NA. Common Genetic Variants are Associated with Plasma and Skin Carotenoid Metabolism in Ethnically Diverse US Populations. ASHG Annual Meeting, November 2023, Washington DC
- Garrity K, et al. The Influence of the COVID-19 Pandemic on Household Food Sourcing and Food Security in Rural Appalachia: A Qualitative Study was accepted for an Oral Abstract Presentation at Society for Nutrition Education and Behavior. July 2023, Washington DC.

2022

- Jilcott Pitts SB. Two-Site Cross-Section Study of 4 Racial or Ethnic Groups Using the Veggie Meter.” Veggie Meter Forum, mini-session, February 24, 2022.

2021

- Boys KA, Haynes-Maslow L, McGuirt JT, Ammerman AS, van Fleet EE, Johnson NS, Kelley CJ, Edwards V, Fleischhacker S, Truesdale KP, Bell RA, **Jilcott Pitts SB**. 2021. Track session presented at the 2021 Agricultural & Applied Economics Association Annual Meeting, Austin, TX, August 1 – August 3.
- **Jilcott Pitts SB**, Moran NE, Wu Q, Harnack L, Craft NE, Hanchard N, Moe S, Johnson N, Obasohan J, Carr-Manthe P, Bell RA, Laska MN. Pressure-mediated reflection spectroscopy demonstrates strong criterion validity as a biomarker of fruit and vegetable intake compared to plasma carotenoid concentrations: A US multi-center cross-sectional study across four racial/ethnic groups. Virtual International Carotenoid Conference, June 2021.
- McGuirt JT, Lane H, Soldavini J, **Jilcott Pitts S**, Ammerman AS. Examining the Geospatial Characteristics of Covid-19 Pandemic Summer Meal Distribution Sites in North Carolina. Society for Nutrition Education and Behavior, August 8-10, 2021.
- Marshall G, Hanson K, Garner J, Ammerman A, **Jilcott Pitts SB**, Kolodinsky J, Sitaker M, Seguin-Fowler RA. Fruit and Vegetable Preparation Changes During and After Cost-

Offset Community Supported Agriculture and Nutrition Education. Society for Nutrition Education and Behavior, August 8-10, 2021.

- Garner JA, Hanson KL, Ammerman AS, **Jilcott Pitts SB**, Kolodinsky J, Sitaker MH, Seguin-Fowler RA. Cost Effectiveness of a Subsidized Community Supported Agriculture Intervention for Low-Income Families. Research Talk at the Society of Behavioral Medicine's 2021 Annual Meeting & Scientific Sessions, held virtually April 12- April 16, 2021.

2020

- Haynes-Maslow L, Byker Shanks C, Andress L, Hardison-Moody A, **Jilcott Pitts S**, Patton-Lopez M, Prewitt ET. Rural food insecure families' perceptions of SNAP: A financial paradox. Presented at APHA Annual Meeting, October 2020, San Francisco, CA.
- Poston JR, Watkins RE, **Jilcott Pitts SB**, Stage VC, Hegde A, Lazorick S. Do food-related toys for young children support or hinder messages about healthy food choices? Abstract accepted as poster presentation, Pediatric Academic Societies meeting, Philadelphia, PA, May 2020.
- Opper C, Bian H, **Jilcott Pitts SB**, Lazorick S. Cardiovascular fitness among young adolescents: local and school-level exercise opportunities predict baseline fitness. Abstract accepted as poster presentation, Pediatric Academic Societies meeting, Philadelphia, PA, May 2020.
- Garner JA, Lepior H, Taylor CA, Hanson KL, Ammerman AS, **Jilcott Pitts SB**, Kolodinsky J, Sitaker MH, Seguin-Fowler RA. Low-Income Adults Enrolled in a Cost-Offset Community Supported Agriculture Intervention are not Nationally Representative. *J Nutr Educ Behav.* 2020 July; 52(7): S53. DOI: [10.1016/j.jneb.2020.04.124](https://doi.org/10.1016/j.jneb.2020.04.124).
<https://www.sciencedirect.com/science/article/pii/S1499404620302918> (Peer-Reviewed)
- Garner JA, Petro B, Hanson KL, Ammerman AS, **Jilcott Pitts SB**, Kolodinsky J, Sitaker MH, Seguin-Fowler RA. Theory-informed Predictors of Fruit and Vegetable Intake among Cost-offset Community Supported Agriculture Enrollees. *J Nutr Educ Behav.* 2020 July; 52(7): S65. DOI: [10.1016/j.jneb.2020.04.151](https://doi.org/10.1016/j.jneb.2020.04.151).
<https://www.sciencedirect.com/science/article/pii/S1499404620303183>

2019

- Seguin RA, Ammerman AS, Hanson KL, Kolodinsky JM, **Jilcott Pitts SB**, Sitaker MH. *Farm Fresh Foods for Healthy Kids: Innovative cost-offset community supported agriculture intervention to prevent childhood obesity and strengthen local agricultural economies.* Society for Nutrition Education and Behavior (SNEB). July 2019.

2018

- White MJ, **Jilcott Pitts S**, McGuirt J, Hanson K, Kolodinsky J, Morgan EH, Wang W, Sitaker M, Ammerman AS, Seguin RA. The Perceived Influence of Cost-offset

Community Supported Agriculture on Food Access Among Low Income Families. Academic Pediatric Association Regional Conference. 2018 Meeting, May 5 - 8, in Toronto, Canada.

- McGuirt JT, Haldeman L, Shriver L, **Jilcott Pitts SB**. Examining the real and perceived food environment, shopping behaviors, and predictors of dietary behavior among a group of older, racially diverse off-campus college students. Society for Nutrition Education and Behavior Annual Meeting, Minneapolis, MN, July 2018.
- Garner J, **Jilcott Pitts SB**, Durward C, Freedman D. Farmers Market Programming for Limited-Resource Households. Panel Presentation at: Society for Nutrition Education and Behavior Annual Meeting, Minneapolis, MN, July 2018.
- Seguin RA, Ammerman AS, Hanson KL, Kolodinsky J, **Jilcott Pitts SB**, Sitaker M. Farm Fresh Foods for Healthy Kids: Innovative Cost-Offset Community Supported Agriculture Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies. Society for Nutrition Education and Behavior Annual Meeting, Minneapolis, MN, July 2018.
- McNeil KT, Babatunde OT, **Jilcott Pitts SB**. Food Insecurity Among College Students at a Rural Southeastern University: Assessing Coping Strategies. Society for Nutrition Education and Behavior Annual Meeting, Minneapolis, MN, July 2018.
- Blitstein JL, Frenz F, **Jilcott Pitts SB**. Why Do Consumers Shop for Groceries Online and How Does It Change Their Purchase Habits and Healthy Eating? A Cross-Cultural Approach. MMPC Chicago, IL, June 2018.
- Haynes-Maslow L, **Jilcott Pitts SB**. Examining Barriers and Facilitators to Delivering SNAP-Education Programming, including Policy, Systems, and Environmental Changes in Rural Communities. Robert Wood Johnson Foundation Healthy Eating Research Annual Grantee Meeting, Nashville TN, April 2018.
- **Jilcott Pitts SB**, Blitstein J, Ng SW, Gustafson A, Niculescu M. Online grocery shopping: promise and pitfalls for healthier food and beverage purchases. Robert Wood Johnson Foundation Healthy Eating Research Annual Grantee Meeting, Nashville TN, April 2018.
- **McGuirt JT, Shriver L, Haldeman L, Jilcott Pitts SB. Evaluating the impact of a new supermarket opening on the diet of racially diverse college students: A mixed-method evaluation. APHA Annual Meeting, San Diego, CA, November 2018.**
- Seguin RA, Ammerman AS, Connor LM, Garner JA, Hanson KL, **Jilcott Pitts SB**, Kolodinsky J, Marshall GA, McGuirt J, Morgan EH, Sitaker M, Wang W. Cost-offset community supported agriculture (CO-CSA) plus education improves caregivers' dietary quality and food security in low-income households, as well as caregiver attitudes, self-efficacy, and skills. American Public Health Association (APHA) Annual Meeting, San Diego, CA, November 2018.
- **Graham J, Jilcott Pitts SB, Schwartz B, Best practices for financial sustainability of healthy food service guidelines in hospital cafeterias. APHA Annual Meeting, San Diego, CA, November 2018**
- Gustafson A, **Jilcott Pitts SB**. Peer-led Text Message Intervention Improves Dietary Intake Among Rural Adolescents. Obesity Week, Nashville, TN, November 2018.
- McGuirt J, Sitaker MH, Wang W, Kolodinsky JM, Seguin RA, **Jilcott Pitts SB**, Hanson K, Ammerman AS. The influence of environmental context on farmer and consumer

participation and operations in two direct-to-consumer food system innovations. Place-Based Food Systems. August 2018.

2017

- Hicks K, Lazorick S, Fang Y, **Jilcott Pitts SB**. Examining the Association between Screen Time, and Beverage and Snack Consumption among NC Youth. Annual meeting of the Obesity Society, Obesity Week, November 1, 2017, Washington DC.
- Garner JA, **Jilcott Pitts SB**, Hanson K.L., Ammerman AS, Kolodinsky J., Sitaker MH., Connor LM, Seguin RA (2017) A Mixed Methods Process Evaluation of the Farm Fresh Foods for Healthy Kids (F3HK) Intervention. International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, Canada.
- Garner JA, Olujide, M., Ammerman AS, **Jilcott Pitts SB**, J. Kolodinsky J., Sitaker MH., Seguin RA (2017) Educators' Experiences with a Local Foods Curriculum for Low-Income Households in a Subsidized Community Supported Agriculture Program. Food and Nutrition Conference and Expo. Chicago, Illinois, 2017.
- **Jilcott Pitts SB**, Jahns, L., Wu Q, Bell, R., Laska, M. N., Lyonais MJ, Howell, C., Grinchak, T. (2017). *Feasibility, reliability, and validity of a noninvasive assessment of skin carotenoid status as a measure of dietary carotenoid consumption in a diverse community sample*. 2017 Annual Meeting of the American Public Health Association, Atlanta, Georgia.
- **Jilcott Pitts SB**, Wu Q, Lyonais, M. J., & Gray, W. (2017). *Preliminary impact of the Partnership to Improve Community Health farmers' market initiatives in rural eastern North Carolina*. 2017 Annual Meeting of the American Public Health Association, Atlanta, Georgia.
- Haynes-Maslow, L., Morgan, E., Byker-Shanks, C., Lo, B., Leone, L., Seguin RA, Sitaker M, Kolodinsky J, Andress L, **Jilcott Pitts SB**, Baquero, B., Bailey-Davis, L, Ammerman AS (2017). *Rural Corner Store Owners' Perceptions of USDA's Minimum Stocking Requirements for SNAP*. 2017 Annual Meeting of the American Public Health Association, Atlanta, Georgia.
- Haynes-Maslow, L., Morgan, E. H., Piltch, E., Byker-Shanks, C., Lo, B., Seguin RA, Kolodinsky J., Andress L, Houghtaling B., **Jilcott Pitts SB**, Prewitt, E., Baquero B., Bailey-Davis L, Ammerman AS (2017). *Arguments used in public comments to support or oppose the USDA's minimum stocking requirements: A content analysis*. 2017 Annual Meeting of the American Public Health Association, Atlanta, Georgia.
- Kolodinsky JM, Sitaker M, Morgan EH, Connor LM, Hanson KL, Becot F, **Jilcott Pitts SB**, Ammerman AS, Seguin RA,. *Can CSA cost-offset programs improve diet quality for limited resource families?* Choices. 2017; 32(1): 1-10.
- McGuirt JT, **Jilcott Pitts SB**, Hanson, K., De Marco, M. M., Seguin, R. A., Kolodinsky J, Becot, F. Ammerman A (2017). *A choice experiment to examine factors influencing willingness to participate in a Community Supported Agriculture (CSA) program among low income parents*. 2017 Annual Meeting of the American Public Health Association, Atlanta, Georgia.

- Kolodinsky JM, Ammerman A, Hanson K, **Jilcott Pitts SB**, Sitaker M, Morgan EH, Seguin RA. Resonance Raman Spectroscopy (RRS): Does this innovative technology to measure fruit and vegetable consumption have relevance for applied economics? Agriculture and Applied Economics Association (AAEA). July 2017.
- Seguin RA, Ammerman AS, Hanson KL, Kolodinsky JM, **Jilcott Pitts SB**, Sitaker MH. Farm Fresh Foods for Healthy Kids: Innovative cost-offset community supported agriculture intervention to prevent childhood obesity and strengthen local agricultural economies. Society for Nutrition Education and Behavior (SNEB). July 2017.

2016

- Hanson KL, Kolodinsky J, Myers, B., Gauger, M., Ammerman A, **Jilcott Pitts SB**, Sitaker M, Seguin RA (2016). Fruit and vegetable intake among adults and children from low-income households that participate in a cost-offset CSA. American Public Health Association. Denver, Colorado.
- Morgan EH, Hanson, K., **Jilcott Pitts SB**, Kolodinsky J, Sitaker M, Ammerman A, Seguin RA (2016). Evaluating the relationship between the National Cancer Institute's Fruit and Vegetable Screener, repeat 24-hour recalls, and skin carotenoids as measures of fruit and vegetable intake in children. American Public Health Association. Denver, Colorado.
- **Jilcott Pitts SB**, Hinkley J, Whitt O, Lyonnais, M., Rafferty A, McGuirt J, Wu Q, Winterbauer N, Phillips L. (2016). *What characteristics of farmers' markets promote greater fruit and vegetable purchase and consumption?* 144th Annual Meeting of the American Public Health Association, Denver, Colorado.
- Seguin RA, Ammerman AS, Hanson KL, Jilcott Pitts SB, Kolodinsky JM, Sitaker MH. *Innovative community supported agriculture cost-offset intervention to prevent childhood obesity and strengthen local agricultural economies.* Society for Nutrition Education and Behavior (SNEB). August 2016.

2015

- Kang, J. Mansfield, J, **Jilcott Pitts SB** (2015). *Challenges and Opportunities in Promoting Diabetes Self-Management Education (DSME): An Assessment of a Brochure.* DC Health Communication (DCHC) conference, Washington, District of Columbia.
- **Jilcott Pitts SB**, Acheson, M. L., Ward RK, Wu Q, McGuirt JT, Ammerman AS (2015). *Zoning to support farmers' markets in rural and urban communities.* 143rd APHA Annual Meeting and Exposition, Chicago, Illinois.

2014

- Dubose, K., Pineda, E., Shores, K., Das, B., **Jilcott Pitts SB** (2014). *Associations between park-use, park features, and physical activity in a diverse socioeconomic status community.* National Physical Activity Plan Alliance, Washington, District of Columbia.
- Robbins, C., Keyserling T, **Jilcott Pitts SB** Johnston L, Farr, S. (2014). *Outcomes of cardiovascular disease risk factor screening and referrals in a family planning clinic (InShape Study).* Society for Epidemiologic Research, Seattle, Washington.
- Sitaker M, Johnson, D., Kolodinsky J, McGuirt J, **Jilcott Pitts SB** (2014). *Innovations to improve food access for rural and low-income residents.* Association for the Study of

Food and Society (ASFS) / Agriculture, Food and Human Values Society (AFHVS) Joint Conference, Burlington, Vermont.

2013

- **Jilcott SB**, West, S., Weddell, M., Whetstone, L., Smith, T., Thayer, L.M., Keyserling TC, Ammerman AS (2013). *Qualitative Examination of Rural Stakeholders' Perceptions of Active Living and Healthy Eating Obesity Prevention Policies*. Active Living Research Annual Conference, San Diego, California.
- **Jilcott Pitts SB** Keyserling T, Ammerman A, Garcia, B., Johnston, L, Smith, T. Gizlice Z (2013). *Racial differences between perceptions of environmental and policy factors related to healthy behaviors among rural at-risk residents of eastern North Carolina*. 141st American Public Health Association Annual Meeting, Boston, Massachusetts.
- McGuirt J, Ward R, Bullock, S., **Jilcott Pitts SB**. (2013). *Farmers' Market Use among Women of Reproductive Age in Rural Eastern and Western North Carolina*. 2013 Agriculture, Food, and Human Values Conference, "Toward Sustainable Foodscapes and Landscapes", Landsing, Michigan.
- Quinn, E., Johnson, D., Ammerman A, Byker, C., Dean, W., Fleishhacker S, Kolodinsky J, Pinard C, **Jilcott Pitts SB** Sharkey J, Sitaker M. (2013). *Developing a policy research agenda for healthy food access in rural communities: A transdisciplinary concept mapping approach*. 141st American Public Health Association Annual Meeting, Boston, Massachusetts.
- Smith, T. W., **Jilcott Pitts SB** Garcia, B., Keyserling T, & Ammerman A (2013). *Associations between Perceived Neighborhood-level Barriers to Healthy Eating and Physical Activity and Diet Quality, Physical Activity, and Body Mass Index (BMI) among Rural Adults in North Carolina*. 2013 Annual Meeting of the Centers for Population Health and Health Disparities, Boston, Massachusetts.
- West, S., Weddell, M., **Jilcott Pitts SB** Whetstone, L., Batista, R. (2013). *Is positioning for community health a good strategy for Parks and Recreation?* National Recreation and Park Association Leisure Research Symposium, Houston, Texas.
- West, S., Weddell, M., Whetstone, L., **Jilcott Pitts SB** (2013). *Examining winnability of obesity prevention policy change among local stakeholders in 100 North Carolina counties*. Active Living Research Annual Conference, San Diego, California.

2012

- Crawford, T., **Jilcott SB**, McGuirt J (2012). *Associations between urban-rural status, perceived neighborhood size, travel behavior, and weight status among low-income women in eastern North Carolina*. 2012 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Austin, Texas.
- **Jilcott SB**, McGuirt JT, Crawford, T., Keyserling T, Ammerman A (2012). *Association between weight status, blood pressure, and use of farmer's markets and supermarkets among low-income women in eastern North Carolina*. 2012 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Austin, Texas.
- **Jilcott Pitts SB**, Somerset, S., Johnson, D., Quinn, E., DeMarco, M., Alice Ammerman (2012). *Policy change to foster healthier food and physical activity environments*. 2012 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Austin, Texas.

- Vetter-Craft, D., **Jilcott Pitts SB**, Lawton, K. (2012). *Improving Food Choices in Rural North Carolina through a Healthy Corner Store Initiative*. Weight of the Nation, Washington, District of Columbia.

2011

- **Jilcott SB**, Ickes, S. B., Elwood, N., Charles, B., & Myhre, J. A. (2011). *Towards a broader evaluation framework for supplemental feeding programs*. 2011 Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives, Grange over Sands, Cumbria, United Kingdom.
- **Jilcott SB**, Moore, J. B., Wall-Bassett, E., & Saelens, B. (2011). *Association between travel times and distances, perceived stress, food procurement practices, and body mass index among female Supplemental Nutrition Assistance Program (SNAP) participants in eastern North Carolina*. 2011 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Melbourne, Australia.
- **Jilcott SB**, Wade, S., McGuirt JT, Qiang, W., Lazorick, S., Justin B. Moore (2011). *The association between accessibility to food venues and weight status among eastern North Carolina youth*. 2011 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Melbourne, Australia.
- Burgstahler, R., **Jilcott SB**, Low, S. A., McGranahan, D. A., & Wojan, T. R. (2011). *Lifestyle and Outdoor Amenities as Predictors of Adult Obesity: A multi-level modeling analysis*. Annual North American Meetings of the Regional Science Association, Miami, Florida.
- **Jilcott SB** (2011). *Associations between natural amenities, physical activity, and body mass index in rural and urban North Carolina counties*. Invited Webinar Presenter.

2010

- **Jilcott SB**, Moore, J. B., Shores, K., Imai, S., & McGranahan, D. (2010). *Association between natural amenities and Body Mass Index in rural and urban North Carolina counties*. 2010 Annual Conference of the ISBNPA, Minneapolis, Minnesota.
- **Jilcott SB**, Liu, H., Moore, J., Bethel, J., Wilson, J., Alice S. Ammerman (2010). *Commute times, food retail gaps, and weight status in rural and urban North Carolina counties*. 2010 Annual Conference of the ISBNPA, Minneapolis, Minnesota.
- **Jilcott SB**, Moore, J. B., Shores, K. A., Imai, S., & McGranahan, D. (2010). *Association between natural amenities, physical activity, and body mass index in rural and urban North Carolina counties*. 137th Annual Meeting of the American Public Health Association, Denver, Colorado.
- Low, S. A., **Jilcott SB**, Wojan, T. R., & McGranahan, D. A. (2010). *Correlates of adult obesity across US counties: stress, lifestyle, and natural amenities*. North American Regional Science Meeting, Denver, Colorado.

2009

- Ickes, S. B., **Jilcott SB**, Ammerman AS, & Myhre, J. A. (2009). *Development and evaluation of an intervention to promote in-home ready-to-use food consumption in a*

supplemental feeding program in Western Uganda. Uganda Action for Nutrition, Uganda Nutrition Congress, Kampala, Uganda.

- **Jilcott SB**, Ickes, S. B., Ammerman AS, & Myhre, J. A. (2009). *Iterative design, implementation and evaluation of a supplemental feeding program for underweight children ages 6 - 59 months in western Uganda.* Uganda Action for Nutrition, Uganda Nutrition Congress, Kampala, Uganda.
- Ickes, S. B., **Jilcott SB**, Ammerman AS, Masso, K., Charles, B., Archileo Kaaya, L Chamiec-Case (2009, April). *Qualitative evaluation of a locally-sourced, community-based supplemental feeding program in western Uganda.* Unite for Sight Global Health Conference, New Haven, Connecticut.
- Ickes, S. B., Chamiec-Case, L., **Jilcott SB**, Ammerman AS (2009, April). *Development and evaluation of an intervention to promote in-home ready-to-use food (RUF) consumption in a supplemental feeding program for undernourished and stunted children in western Uganda.* Experimental Biology 2009, New Orleans, Louisiana. 2009
- **Jilcott SB**, Moore, J. B., Shores, K. A., Evenson, K. R., Rodriguez, D. A., Ross C. Brownson (2009). *Barriers and facilitators for physical activity in rural and urban middle school youth.* 136th Annual Meeting of the American Public Health Association, Philadelphia, Pennsylvania.
- Moore, J. B., **Jilcott SB**, Shores, K. (2009). *A qualitative examination of perceptions of opportunities, environmental supports, and barriers for participation in physical activity in rural and urban middle school youth and their parents.* 6th Annual Pediatric Healthy Weight Summit, Greenville, North Carolina.
- Shores, K. A., Moore, J. B., **Jilcott SB**, Naar, J. J. (2009). *Constraints and facilitators to youth activity at public recreation sites.* National Recreation and Park Association 2009 Congress & Exposition, Salt Lake City, Utah.

2006

- **Jilcott SB**, Evenson, K. R., Laraia, B. A., & Ammerman AS (2006, March). *Association between Perceived and Objectively Measured Distance to Physical Activity Facilities among Midlife Women.* Active Living Research Annual Conference, Coronado, California.
- **Jilcott SB**, Keyserling TC, Hodge, C. S., & Ammerman AS (2006, February). *Assessing Diet Quality with a Brief Dietary Assessment Tool.* 30th Annual Meeting of the American Society of Preventive Oncology, Bethesda, Maryland.

2005

- **Jilcott SB**, Evenson, K. R., Bangdiwala, K., & Ammerman AS (2005, June). *Increasing Use of Community Resources among Underserved Women: Knowledge as a Mediator.* International Society for Behavioral Nutrition and Physical Activity 5th Annual Meeting, Amsterdam, Netherlands.
- **Jilcott SB**, (2005, December). *Increasing Use of Community Resources to Enhance Evidence-based Chronic Disease Prevention among Underserved Women.* 133rd Annual Meeting of the American Public Health Association, Philadelphia, Pennsylvania.

2004

- **Jilcott SB**, Laraia, B. A., Evenson, K. R., & Ammerman AS (2004, November). *Development of Intervention Tools Addressing Environmental Factors to Improve Diet and Physical Activity*. 132nd Annual Meeting of the American Public Health Association, Washington, District of Columbia.

Presentations- State/Regional/Local:

2017

- Rafferty AP, Imai S, **Jilcott Pitts SB**. Trends in Consumption of Regular Soda and Other Sugar-sweetened Beverages Among Adults in North Carolina, 2012, 2013, and 2015. 2017 Annual Meeting of the NC Public Health Association, September 2017.
- **Jilcott Pitts SB**, Jahns L, Grinchak T, et al. Feasibility, reliability, and validity of a noninvasive assessment of skin carotenoid status as a measure of dietary carotenoid consumption in a diverse community sample. 2017 Annual Meeting of the NC Public Health Association, September 2017.
- **Jilcott Pitts SB**, Wu Q, Grinchak T, et al. Baseline assessment of a healthy corner store initiative: Associations between food store environments, customer purchases, and self-reported and objectively measured fruit and vegetable consumption” 2017 Annual Meeting of the NC Public Health Association, September 2017.
- Lyonnais MJ, **Jilcott Pitts SB**, Wu Q, Gray W. (2017) Associations between farmers’ market characteristics, customer shopping frequency and fruit and vegetable consumption. Research and Creative Activities Week, April 3, 2017.
- Howell C, **Jilcott Pitts SB**, Wu Q, Payne CR, Gustafson A, Blitstein J, Ng SW. (2017) Associations Between Ego Depletion, Pester Power, Habit Strength, and Fruit, Vegetable, and Sugary Beverage Consumption in Online versus Brick-and-Mortar Grocery Shopping. Research and Creative Activities Week, April 3, 2017.

2015

- Hill, R., Dixon, C., Rafferty AP, **Jilcott Pitts SB**, (2015). *Implementation and use of menu labeling in chain fast-food restaurants in eastern North Carolina*. 2015 NCPHA Fall Educational Conference, Winston-Salem, North Carolina.
- Twisdale, P., Winterbauer N, Patel, S., Phillips L, Rafferty AP, **Jilcott Pitts SB**. (2015). *Formative evaluation of smoke-free tobacco policies in Eastern North Carolina*. 2015 NCPHA Fall Educational Conference, Winston-Salem, North Carolina.
- Whitt O, **Jilcott Pitts SB**, Coghill, J. (2015). *A Review of Behavioral Economic Strategies Utilized in Hospital Cafeterias to Increase Healthy Food Consumption*. UNC-Wilmington College of Health and Human Services Research Day, Greenville, North Carolina.
- Cunius, L., **Jilcott Pitts SB**, West, S., & Wu Q. (2015). *North Carolina health director and county commissioners' perception of 'winnability' of local food- related obesity prevention policy change strategies*. ECU Research and Creative Achievement, Greenville, North Carolina.
- Whitt O, Patel, S., **Jilcott Pitts SB**, Coghill, J., & Cottle, J. (2015). *Examining the Adoption of Nation School Lunch Program Amendments in North Carolina*. ECU Research and Creative Achievement, Greenville, North Carolina.

2013

- Demarest, C. L., Jilcott Pitts SB, Ellis, C., & Dortche, C. (2013). *Associations between Sugar-Sweetened Beverage, Fruit and Vegetable Consumption, and Body Mass Index among Supplemental Nutrition Assistance Program (SNAP) participants in Pitt County, North Carolina*. North Carolina Public Health Association, Asheville, North Carolina.
- Mayo, M. L. Jilcott Pitts SB, (2013). *Examining associations between county and municipality zoning ordinances and access to fruit and vegetable outlets in rural North Carolina*. North Carolina Public Health Association, Asheville, North Carolina.
- McGuirt JT, Jilcott Pitts SB, Ward R, Crawford, T., Keyserling T, Ammerman A. (2013). *Examining the influence of price and accessibility on willingness to shop at farmers' markets among low-income eastern North Carolina women*. North Carolina Public Health Association, Asheville, North Carolina.
- Ronay, A., Sisneros, J., Majette, N., Cavallo, D., Vu M, Jilcott Pitts SB, Keyserling T (2013). *The experience of using Facebook as part of a multi-component weight-loss intervention among underserved women of reproductive-age in Pitt County, eastern North Carolina: The conundrum of engaging a hard-to-reach group*. Jean Mills Health Disparities Symposium, Greenville, North Carolina.

2011

- Lawton, K. K., Jilcott SB, & Craft, D. V. (2011). *Incorporating Product, Price, Placement, and Promotion to promote healthier foods in corner stores*. Jean Mills Health Disparities Symposium, Greenville, North Carolina.
- Jilcott SB, Liu, H., DuBose, K., Chen, S., & Kranz, S. (2010). *A mixed-methods examination of food stamp participation, meals away from home, body mass index, and waist circumference*. 6th Annual Jean Mills Symposium, Greenville, North Carolina.
- Ward R L., Jilcott SB, & Bethel, J. (2010). *Acculturation, food security, diet quality, and body mass index among preconception-aged Latino women in eastern North Carolina*. 6th Annual Jean Mills Symposium, Greenville, North Carolina.
- Jilcott SB, Moore, J. B. (2009). *Examination of Food Venue Use among Rural and Urban Women*. 5th Annual Jean Mills Symposium, Greenville, North Carolina.
- Payne, L. Jilcott SB, (2009, January). *An Examination of Provider Education Methods in North Carolina Public Health Campaigns*. 5th Annual Jean Mills Symposium, Greenville, North Carolina.

Ongoing Funding Support

ECU Brody Brothers Endowment

1/1/2024 – 4/30/2025 (NCE)

Examining associations between fruit and vegetable intake, skin carotenoids, and inflammation among racially and ethnically diverse participants

The goal of this project is to examine associations between dietary intake, skin and plasma carotenoids, and inflammation in a racially and ethnically diverse, obese population.

CDC

09/2023 – 09/2028

A Multi-Level Approach to Prevent Obesity: Extension and Engagement in Four North Carolina Counties

The goal of this project is to prevent obesity through improved nutrition, physical activity and lifestyle changes among rural North Carolina counties.

Total Award Amount (including Indirect Costs): \$245,377

NIH

HD111555 (Moran, PI)

NIH

05/2023 – 04/2028

Validation of biomarkers of infant and toddler carotenoid intake

The goal of this project is to examine validity of RS-assessed skin carotenoid status as a marker of F&V intake among infants.

Role: Co-Investigator

Total Award Amount (including Indirect Costs): \$65,800.00

In Kind

MOSAIC K99/R00 (Radtke, PI)

NIH NIDDK

Submitted: 6/10/2024

Role: Mentor

BOCA: Improving Vegetable and Fruit Intake **B**ehaviors through **O**bjective **C**arotenoid **A**ssessment.

This study will assess the dietary impact and reach of a multicomponent Food as Medicine intervention, Recipe4Health, using skin carotenoids as a proxy for vegetable and fruit intake in index participants and quantifying the presence of Spillover Effect on additional members of the household compared to propensity score-matched controls, while examining the facilitators and barriers of incorporating nutrition monitoring into primary care to improve patient- and household-level health outcomes.

Status: Pending, Scored below payline

NIH/NIGMS R16GM154708-01

Johansen (PI) 2024-2028

Behavioral Research on Acculturation and moderating and mediating Variables Observed Specifically among Latinos: BRAVOS

Total costs: \$748,052.

Role: mentor

Status: NOA Received

Completed Support

NIH/NHLBI
(NCE)

06/01/2019-05/31/2024

Examining Validity and Sensitivity of Pressure-Mediated Reflection Spectroscopy as a Measure of Fruit and Vegetable Consumption in a Diverse Community

The goal of this project is to examine validity and sensitivity of RS-assessed skin carotenoid status as a marker of F&V intake in a racially and ethnically diverse sample of individuals.

Amount: \$2,091,991 total

No Number (Pitts)

Albemarle Reginal Health Services

04/01/2022-12/31/2024

Albemarle Reginal Health Services Partnerships to Improve Community Health

The goal of this project is to conduct a policy analysis of barriers and facilitators to healthy food policies in northeastern North Carolina.

Amount: \$60,000 total

No Number (Calloway and Pitts)

Robert Wood Johnson Foundation

01/2023-12/2023

Meta-ethnography to determine critical constructs of Nutrition Security

The goal of this project is to identify key constructs of nutrition security, as well as relationships among constructs, to develop a conceptual model of nutrition security in the U.S. by conducting a systematic review of qualitative literature following a meta-ethnographic process.

Amount: \$7,000

76101(Pitts)

Robert Wood Johnson Foundation

Evidence for Action

12/15/2018 – 12/14/2020

(NCE)

Studying the impact and sustainability of North Carolina legislation incentivizing corner stores in food deserts to provide healthy food and beverages

Amount: \$250,000 total

No Number (Pitts)

Albemarle Regional Health Services

12/01/2018-11/30/2021

Eastern North Carolina Food Environment Assessment

Amount: \$60,000 total

2016-69001-24915 (Gustafson)

USDA

Shopping Smart - Adolescent intervention to improve shopping practices 02/15/2016 - 02/14/2020

The goal of this project is to develop and test an intervention to encourage youth to select healthy foods and beverages in the school, home, and community settings.

Role: Sub-contract Principal Investigator

Amount: \$198,904

343-0617 (Ubel/Ammerman)

USDA

Duke-UNC-USDA Behavioral Economics and Choice Research (BECR) Center

New Perspectives Fellowship.
02/05/2018

08/05/2016 -

The goals of this project are to conduct a small store marketing intervention using choice architecture to encourage healthier choices, and to pilot an online shopping intervention among WIC mothers.

Role: Fellow

Amount: \$15,000

No Number (Pitts)

Brody Brothers Endowment Award

01/01/2017 – 06/30/2018

Evaluation of the North Carolina Healthy Food Small Retailer Program

The goal of this project is to collect baseline and follow-up data to evaluate the effectiveness of the North Carolina Healthy Food Small Retailer Program in terms of the small store food environment, customer purchases, and dietary behaviors.

Role: Principal Investigator

Amount: \$22,722

DP14-1417—ARHS DP005711 (Parks)

CDC

Partnership to Improve Community Health

09/30/2014-06/30/2017

This project's goals are to increase the number of people with improved access to smoke-free and tobacco-free environments and to Increase the number of people with improved access to environments with healthy food and beverage options, through farmers' markets and other direct farm-to-consumer venues. East Carolina University will evaluate this project in terms of reaching stated objectives.

Role: Sub-contract Principal Investigator

5105905 (Graham)

CDC/ NNPHI

Financial Sustainability of Healthy Foodservice Guidelines 12/01/2016 - 06/30/2017

The goal of this project is to learn about how food service operators maintain profitability while still stocking and promoting healthier food and beverage options in hospital and federal worksite cafeterias.

Role: Sub-contract Principal Investigator

Amount: \$10,096

No Number (Graham)

12/01/2014-06/30/2015

CDC/ National Network of Public Health Institutes

Improving Food Sales Settings

The goal of this project was to identify and evaluate behavioral design and marketing strategies used in government and hospital worksite cafeterias to increase consumer selection of healthy options.

Role: Sub-contract co-Investigator

1P50HL105184 (Ammerman)

04/01/2010-

03/31/2016

NIH

Center to Reduce CVD Disparities: Genes, Clinics and Communities

An integrated set of three interdisciplinary studies in Lenoir County to improve practice-based management of hypertension and community-based lifestyle management and test the impact on reducing health disparities in CVD risk factors.

Role: Sub-contract co-Investigator

U48/DP001944-04 (Ammerman)

09/30/2012-09/29/2014

Centers for Disease Control and Prevention

UNC Center for Nutrition & Obesity Policy Research & Evaluation

The center's aims are to advance nutrition and obesity policy research, evaluation, and impact by conducting policy and evaluation research and translating and disseminating findings.

Role: Sub-contract Principal Investigator

A14-0678 (Ammerman)

10/01/2013-09/29/2014

NCDHHS Division of Public Health (DPH)

NC Community Transformation Project: Farmers' Market Evaluation

We propose to evaluate the process and impact of the CTG state-wide, federally-funded initiative (farmers' markets component) on dietary intake.

Role: Sub-contract Principal Investigator

CDC SIP 09-017 (Keyserling)
09/29/2013

09/30/2009 –

CDC

Screening and Referral for Chronic Disease and Associated Risk Factors

The goal of this project is to incorporate a feasible and effective cardiovascular disease reduction lifestyle intervention into the existing family planning services at Pitt County Health Department.

Role: Sub-contract Principal Investigator

No Number (Morrow)
09292012

09/30/2010 –

CDC

Communities Putting Prevention to Work

The goal was to evaluate Pitt County Health Department's Communities Putting Prevention to Work Grant, which included farmers' market, worksite, and healthy corner store initiatives.

Role: Evaluator

5R03CA155362-02 (Jilcott)

03/01/2011 – 02/28/2013

National Institutes of Health, National Cancer Institute

Obesity and Access to Farmers' Markets

We collected primary qualitative data to examine neighborhood context and "food activity spaces". We then conducted a secondary data analysis using a larger sample of women in the local health department to examine associations between obesity and access to farmers' markets.

Role: Principal Investigator

Consulting Experience

2024 – 2025

- Wake Forest University Physician Assistant Program – Consultant on qualitative methods
- University of Buffalo – Consultant on the use of the Veggie Meter in a community-based nutrition intervention

2022 – 2024

- Gretchen Swanson Center for Nutrition – Consultant for the use of the Veggie Meter in community-based nutrition projects
- University of Nebraska – Grant consultant for Dr. Dipti Dev

2021 – 2022

- Food Service Guidelines Work Group Project, funded by the Centers for Disease Control and Prevention (CDC)
 - Conducted a qualitative exploration of barriers, facilitators, and best practices for food service sustainability in Veterans Affairs hospitals

2020 – 2021

- Duke University – Understanding reach and implementation of school nutrition programs in North Carolina during COVID-19

2018 – 2019

- NC State University, Feeding America, and Share Our Strength
 - Conducted a qualitative study examining food insecurity in rural America
- University of Buffalo, National Institutes of Health (NIH), R01
 - Consultant for the Effectiveness and Implementation of a Research-Tested Mobile Produce Market designed to improve diet in underserved communities

2017

- Duke University, Robert Wood Johnson Foundation (RWJF), Healthy Eating Research
 - Commissioned review paper on online grocery shopping
- North Carolina State University, RWJF Healthy Eating Research
 - Commissioned research project: Examining Barriers and Facilitators to Delivering SNAP-Education Programming, including policy, systems, and environmental changes in rural communities

2016

- University of Delaware, RWJF Healthy Eating Research
 - Commissioned research project: Minimum Stocking Levels and Marketing Strategies for Retail Food Stores

2015 – 2020

- Cornell University
 - Consultant for the Innovative Community Supported Agriculture Cost-Offset Intervention to prevent childhood obesity and strengthen local agricultural economies
 - Provided expertise on formative, process, and outcome evaluation of the Cost-Offset Community Supported Agriculture program

2015

- UNC-Chapel Hill, RNECE-South
 - Provided expertise on policy, systems, and evaluation change for obesity prevention within the Supplemental Nutrition Assistance Program Education (SNAP-Ed)

2010 – 2011

- UNC-Chapel Hill Center for Training and Research Translation
 - External expert reviewer for public health interventions, assessing whether interventions were research-tested, practice-tested, or emerging
- Pitt County Health Department
 - External evaluator for the Communities Putting Prevention to Work Grant
 - Provided evaluation plan and guidance to the Pitt County Health Department

Service

Service Statement

Service to my department, university, and the broader academic community has been a central component of my professional commitment. Through leadership roles, committee work, mentoring, and professional contributions, I have aimed to support the mission of East Carolina University while fostering the development of students, faculty, and public health initiatives.

Service to the Department

Within the Department of Public Health, I am Chair of the Personnel Committee, and a member of the Tenure and Promotion Committees. Previously, I co-chaired the Tenure and Promotion Committees and the Extramural Funding Team, working to support faculty research productivity. My role as Chair of the Professional Paper Committee for eight years reflects my dedication to ensuring high-quality academic experiences for students. Additionally, I have contributed as a member of multiple departmental committees, including search committees for new faculty, the Curriculum Committee, and the Evaluation Committee.

Service to the University

At the university level, I have actively contributed to faculty advancement, interdisciplinary research, and institutional governance. Notably, I serve on the Brody School of Medicine Research Committee, formerly served as the IPAR Representative for the Department of Public Health, and the Academic Awards Committee for the Board of Governors Award for Excellence in Teaching. I have also participated in faculty development initiatives, such as serving as a panelist for the Center for Faculty Excellence Grant Series and on the School of Dental Medicine Advancement and Promotion Committees. My work on university-wide search committees has helped recruit strong faculty members to strengthen ECU's research and teaching missions.

Mentorship and Professional Development

Mentorship is a key part of my service, and I have supported faculty and early-career researchers through formal mentoring programs, grant-writing workshops, and professional development

activities. As a K01 Mentor, I have guided early-stage investigators in securing NIH funding, and I have served as a faculty mentor for grant-writing seminars, tenure workshops, and national research collaborations. My mentorship extends to external faculty, having provided letters of support for tenure and promotion cases at multiple universities.

Invited Talks, Webinars, and Conference Participation

My expertise in nutrition policy, food environments, and obesity prevention has led to numerous invited talks, webinars, and panel discussions. I have presented for organizations such as the Nutrition and Obesity Policy Research and Evaluation Network (NOPREN), the Healthy Eating Research Network, and the National Institutes of Health Obesity Policy Research Network. These presentations have focused on healthy food retail interventions, obesity prevention strategies, and innovative public health research methods, including the use of the Veggie Meter® to assess fruit and vegetable intake. Additionally, I have contributed as a panelist at national academic conferences, including meetings hosted by the Centers for Disease Control and Prevention (CDC) and the Society for Nutrition Education and Behavior.

Grant and Manuscript Reviewing

As an active member of the academic research community, I have served as a grant reviewer for major federal agencies, including the NIH, CDC, and USDA, as well as internal grant programs at ECU. My expertise in obesity prevention policy and nutrition research has also led to roles as a journal reviewer for top-tier public health and nutrition journals, including Public Health Nutrition, the Journal of Nutrition Education and Behavior, and Preventing Chronic Disease.

Committees and Professional Service

Beyond ECU, I have played a leadership role in national research networks. I co-led the NOPREN Rural Food Access Working Group, which focuses on policies to improve healthy food access in rural communities. I have also contributed to various professional committees, including the Robert Wood Johnson Foundation Healthy Eating Research Healthy Food Retail Expert Panel, the CDC Cancer Prevention and Control Research Network, and the Eat Smart Move More University Collaborative.

Conclusion

Through departmental leadership, university service, mentorship, national research contributions, and professional development activities, I strive to enhance faculty success, student learning, and public health research. My service is driven by a commitment to fostering a collaborative, research-driven academic environment that advances public health policy and practice, both within ECU and in the broader public health community.

Service to the Department

2022-Present: Chair, Department of Public Health Personnel Committee

2014- 17: Co-Chair, Department of Public Health Personnel, Tenure, and Promotion Committees

2015-16: Co-Chair, Extramural Funding Team
2008-16: Chair, Professional Paper Committee

Member:

2023-25: Search Committee, DPH, Biostatistics Assistant /Associate Professor
2014-Present: Promotion and Tenure Committee
2013-2014: Curriculum Committee
2013-2022: Personnel Committee
2012-2013: Search Committee - Department of Public Health
2011-2012: Evaluation Committee
2008-2011: Doctoral Committee

Service to the University

2025: Brody School of Medicine Research Committee
2025: School of Dental Medicine Advancement Committee
2023: Promotion Committee for Bioethics
2023: Academic Awards Committee: BOG Award for Excellence in Teaching
2023: Presentation for the Center for Faculty Excellence Grant Series - Peer Review Panel – Advice from Funded Faculty and Extramural Reviewers
2023: Curriculog Advisory Group
2022-2024: IPAR Representative for the Department of Public Health
2021-Present: Brody School of Medicine Research Committee
2022: Search Committee for Permanent Chair of the Department of Public Health
2022: Selection committee for the 2022/2023 Board of Governors Award for Excellence in Teaching.
2017: Engaged Outreach Scholars Academy Selection Committee
2016-2017: School of Dental Medicine Promotion and Tenure Committee
2015-2016: School of Public Health Advisory Panel
2014-2015: Innovation and Economic Prosperity Designation Members
2014-2015: Ethnic and Rural Health Disparities Online Certificate Admissions Committee

2014-2015: Engagement Scholarship Symposium Planning Committee
2011-2015: East Carolina Diabetes and Obesity Institute Leadership Team
2011-2012: Health Education and Promotion Search Committee
2009-2012: University Athletics Committee

Other Institutional Service Activities:

2017: Search Committee – ECDOI Associate Director
2012-2013, 2017: Search Committee - Department of Kinesiology
2012-2013: Live Healthy Greenville Pitt - ECU Liaison and Department of Public Health Team Leader
2011-2012: MPH Health Behavior Concentration Director

Mentoring Activities:

2021: K01 Mentor for Helene Vilme at Duke for her project titled: “Using Behavioral Economic Strategies to Address Cardiometabolic Risk among Black Young Adults.
2021: Mentor for Dr. Vanesa Pardi’s re-entry supplement to NHLBI .
2021: Applied as a grant writing coach/mentor for Virginia Stage’s proposed validation study for the Veggie Meter in preschoolers.
2015-2016: Grant Writer's Seminars and Workshops (GWSW) series -- Faculty Mentor
2014: Panel Presenter for an ECU Promotion and Tenure Workshop
2015: West Virginia Clinical and Translational Science Institute—Faculty Mentor.

Invited Talks / Webinars

2025: Nutrition and Obesity Policy Research and Evaluation, Early Childhood Work Group, Using VeggieMeter to Assess Young Children's Diet Quality. February 2025, Part of a three-person panel presentation.

2023: Healthy Eating Research / Nutrition and Obesity Policy Research and Evaluation Healthy Food Retail Presentation, Use of the Veggie Meter® to evaluate healthy food retail interventions, February 21, 2023.

2022: Healthy Eating Research / Nutrition and Obesity Policy Research and Evaluation Network Summer Student Series, Implementing Sustainable Food Service Practices in Federal Hospital Facilities, August 4, 2022

2022: East Carolina University Office for Faculty Excellence Summer 2022 Statistics and Research Workshop, “Qualitative research, from developing the interview guide to writing the report”, June 2, 2022.

2021: Evaluation of the North Carolina Healthy Food Small Retailer Program, 2017-2020, North Carolina Alliance for Health, Food Business and Economic Development Work Group, March 2021

2021: Evaluation of the North Carolina Healthy Food Small Retailer Program, 2017-2020, The Ohio State Department of Human Nutrition, February 2021.

2017: Response and Reflections Panel at the John W. Hatch Faith-Health Lecture Series

2017: Rural Health Symposium, “Models for healthy food options in a small rural area” November 16, 2017. The Education Center at Eastern AHEC, Greenville NC,.

2017: Society for Nutrition Education and Behavior. Webinar on paper titled “Preferred healthy food nudges, food store environments, and customer dietary practices in two low income southern communities.” February 6, 2017.

2017: East Tennessee State University Maternal and Child Health Research Symposium, Biology, Behaviors and Environments – Resilience to Poor Health Outcomes, Invited Talk on Nutrition and Obesogenic Environments, March 30, 2017.

2017: National Institutes of Health Obesity Policy Research Network. Invited Talk on Farmers’ Markets and Online Grocery Shopping. March 22, 2017.

2016: Society for Public Health Education: Farmers' Markets as a Public Health Strategy to Increase Healthy Food Access. August 11, 2016.

2014: Evidence Academy for Hypertension Prevention, Treatment, and Control in Eastern North Carolina - NIH Support for Conferences and Scientific Meetings (R13).

2011-2012: Lecturer at the UNC-CH Center of Excellence for Training and Research Translation - Obesity Prevention Course.

2011: American Journal of Health Promotion Authors' Series Hosted by Michael O'Donnell.

Academic Conference: Panelist

2015: Centers for Disease Control and Prevention's (CDC) Division of Community Health (DCH) Evaluation Institute, Atlanta, Georgia.

2015: Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) Collaborators Workshop, Baltimore, Maryland.

2015: Rural Obesity Prevention Policy Roundtable, St. Louis, Missouri.

2011: National Cancer Institute Food Environment Measures Registry - Expert Reviewer.

2009 – 2010: Annual Meeting of the American Public Health Association, Philadelphia, Pennsylvania. Coordinator for Food and Nutrition Section Booth

Reviewer for PAR-21-305, Time-Sensitive Obesity Policy and Program Evaluation, for R01 applications: PAR-21-305: Time-Sensitive Obesity Policy and Program Evaluation (R01 Clinical Trial Not Allowed)

Reviewer for Grant Proposals Related to Expertise

2023: Reviewer for Internal Grant Submissions - Sponsored Activities and Research Catalyst (SPARC) Program Awards

2022: Reviewer for PAR-21-305, Time-Sensitive Obesity Policy and Program Evaluation, for R01 applications: PAR-21-305: Time-Sensitive Obesity Policy and Program Evaluation (R01 Clinical Trial Not Allowed)

2022: Reviewer for meeting 2022/05 ZAT1 PS (07) 1 - NCCIH Training and Education Review Panel

2021: Reviewer for NIH Centers for Diabetes Translational Research

2020: Reviewer for Tufts University, THIS-WIC Proposals

2017: Abstract reviewer for the Society for Behavioral Medicine Annual meeting

2013 – 2017: National Institutes of Health. Ad Hoc Reviewer for PAR 12-257 and re-issued PAR-15-346, Time-Sensitive Obesity Policy and Program Evaluation.

2015: United States Department of Agriculture. USDA NP 107 Delta Panel Orientation

2015: United States Department of Agriculture. Northeast Nutrition Education Center of Excellence.

2014 – 2015: Oak Ridge Associated Universities (ORAU) Pennsylvania Department of Health's CURE Program.

2014: Centers for Disease Control and Prevention. DP14-011 Chronic Disease Self-Management and Workplace Health: SIPs 14-030, 031, 032

2013: Ohio State University.

2012: National Institutes of Health. Ad Hoc Reviewer for Community Level Health Promotion Study Section.

2009: Centers for Disease Control and Prevention.

Committees/Task Force

2014-2022: Nutrition and Obesity Policy Research and Evaluation Network - Rural Food Access Working Group co-Lead

2015: UNC-Chapel Hill Training Advisory Committee-CDC-funded Cancer Prevention and Control Research Network.

2015: Robert Wood Johnson Foundation Healthy Eating Research Healthy Food Retail Expert Panel.

2012-2014: Member of the Nutrition and Obesity Policy Research and Evaluation Network - Rural Food Access Working Group

2009-2011: Eat Smart Move More University Collaborative.

2009-2011: Eat Smart Move More Policy Committee.

2010: Public Health & Food Access Disparities Working Issues Team - CEFS.

2008: North Carolina Women's Health Report Card. Member of the NC Women's Health Report Card Advisory Committee

Other Professional Service Activities

2024: External Peer Reviewer for Promotion – Appalachian State University

2023-24: Co-Guest Editor for the Special Supplemental Issue of Nutrients on Diet Quality and Healthy Weight in Youth

2023: External Peer Reviewer for Tenure – Texas State University

2016: Technical Assistance Coaching Webinar for Healthy Corner Stores--North Carolina Institute of Public Health.

2015: Centers for Disease Control and Prevention (CDC). Subject matter expertise regarding farmers' market evaluation for CDC grantees

2015-17: Attendee, Healthy Eating Research Annual Grantee Meetings.

2014: Invited to provide leadership feedback for fellow faculty member via the Center for Creative Leadership.

2014: Invited to provide leadership feedback for a colleague at NIH via 360byDesign.

2014: Invited to provide leadership feedback for former MPH Student via www.mindgarden.com.

Letters of Support for External Tenure and Promotion

2016: Boise State University: Letter of support for colleague going up for promotion.

2016: University of Maryland: Letter of support for colleague going up for promotion.

2015: University of Kentucky at Lexington: Letter of support for colleague going up for promotion and tenure.

Reviewer: Ad Hoc Reviewer for a Journal

In addition to serving as an Editorial Board Member for the American Journal of Health Promotion, and as a reviewer on flagship journals in nutrition and public health, including Public Health Nutrition, the Journal of Nutrition Education and Behavior, and Preventing Chronic Disease, I have served as a reviewer for the following journals: Obesity, American Journal of Health Promotion, Journal of Hunger and Environmental Nutrition, International Journal of Environmental and Public Health, BMC Public Health, Maternal and Child Health Journal, Journal of Aging Research, Preventive Medicine, Journal of Public Health Management and

Practice, Epidemiology, Journal of Urban Health, Nutrition Journal, Women and Health, Health and Place, Annals of the Association of American Geographers, Journal of the American Dietetic Association, Social Science and Medicine, and the American Journal of Clinical Nutrition. Journal of Health Services Research & Policy