

**CURRICULUM VITAE**  
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**Assistant Professor of Medicine**

**OFFICE ADDRESS**

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**FACULTY AND ACADEMIC APPOINTMENTS**

2003-2007 Instructor of Medicine  
2007-Present Assistant Professor of Medicine  
University of Massachusetts Medical School, Department of Preventive  
and Behavioral Medicine, Worcester, Massachusetts  
2011 Preventive Medicine Clinical Nutrition Program, Department of Family  
Medicine, UMass Medical School.

**REGISTRATION, LICENSURE and CERTIFICATION**

1996-Present Commission on Dietetic Registration, American Dietetic Association  
2001-Present Commonwealth of Massachusetts Division of Professional Licensure,  
Board of Dietitians and Nutritionists.  
2007 Trainer Certification for Nutrition Environment Measures, Emory  
University, Rollins School of Public Health, Atlanta Georgia  
2003 Certification in Obesity Management, American Dietetic Association  
2000 Certification in Nutritional Data System for Research, University of  
Minnesota Nutrition Coordinating Center

**EDUCATION**

1976-1979 University of Colorado, Boulder CO  
BFA; Fine Arts  
1987-1989 Northeastern University, Boston MA  
Emphasis: Chemistry  
1990-1995 University of Massachusetts, Amherst MA  
American Dietetic Association Plan V Requirements; Nutrition  
1995-1996 University of Massachusetts, Amherst MA  
RD; Dietetic Internship, UMass Medical Center rotations  
1997-2000 University of Massachusetts, Amherst MA  
MPH; Nutritional Epidemiology

## **COMMITTEES**

- 1999-2000 American Heart Association Professional Education Committee  
2006-2007 American Heart Association Nutrition and Physical Activity Council  
2000-2004 Medical Nutrition Education Committee, UMass Medical School  
2003-2007 UMass Medical School Alternative and Complimentary Medicine Committee  
2009-present Hunger Free and Healthy (Steering Committee)  
2011- Worcester Advisory Food and Active Living Policy Council  
2009-2011 Wellness Task Force, UMass Medical School

## **PROFESSIONAL SERVICE ACTIVITIES**

- 2002-Present Director, Center for Integrative Nutrition Research Core, Department of Medicine, Division of Preventive and Behavioral Medicine.  
[Http://www.umassmed.edu/behavmed/nutrition](http://www.umassmed.edu/behavmed/nutrition)
- 2010-2011 Reviewer of UK Diabetes Grants ([www.diabetes.org.uk/research](http://www.diabetes.org.uk/research)),  
1) “A pilot study to examine the feasibility of a resource pack designed for practice nurses to promote dietary change among people with type 2 diabetes” R. Povey, PI. 2). “Study of the interaction of dietary and lifestyle factors in household affecting the control of diabetes”, SL Atkin, PI.
- 2006-Present Reviewer for: The Journal of the American Dietetic Association, The Journal of the American College of Nutrition, and The Journal of Food Composition and Analysis, British Journal of Nutrition, Journal of the American Family Physician, European Journal of Clinical Nutrition
- 2009-2011 Wellness Task Force, UMass Medical School  
2011- Worcester Food and Physical Activity Policy Council, Steering Committee
- 2010 The American Academy of Family Physicians: development of a series of handouts oriented to Family Physicians and their patients, regarding sweeteners, supplements, nutrient rich diets, and hydration. These can be found on the American Family Physician Website: <http://familydoctor.org>
- 2007 The American Academy of Family Physicians: Development of a CME Bulletin based on The Dietary Guidelines for Americans: Food Groups to Encourage
- 2005-2008 The Promise Institute for Heart Health Nutrition: Review materials on the website, oversee the newsletter content on an assigned basis. Provide feedback on content related to educational tools for health care professionals and their patients/clients. Available at <http://www.promiseinstitute.org/pihnn>
- 2005-present DynaMed Systematic Literature Surveillance: Reviewer of nutrition-related information, contributor. DynaMed is a medical information

Database with nearly 2,000 clinical topic summaries. Designed for use at the point-of-care, providing best available evidence and updated daily.

Available at <http://www.ebscohost.com/dynamed/>

- 2004-2008 American Dietetic Association: Reviewer, The ADA Nutrition Care Manual, cardiovascular section. Available at <http://nutritioncaremanual.org>.

## **RESEARCH**

1996-Present **Nutrition Project Director, UMass Medical School**

### **Principal Investigator**

- 4/07-4/08 IRG 93-033, American Cancer Society.  
Finding a simple message to improve dietary quality for cancer and heart disease prevention, "Can Do Study" (Cancer Dietary Objectives Study). This is a three-arm, randomized, controlled pilot study to test whether a single dietary recommendation in comparison with a more complex message (either low saturated fat, or high fiber, or combination) may have a synergistic beneficial effect on other areas of diet.

### **Co-Investigator**

- 1996-1999 US Army Medical Research. Effects of Meditation-Based Stress Reduction in Younger Women with Breast Cancer. BRIDGES. (PI: James Hebert, PhD)  
Teach dietary intervention arm of the study in weekly classes for 3 months using didactic and hands-on skills to achieve a low-fat nutrient dense diet as attention control for the stress reduction arm of the study.
- 1996-1998 NIH/NHLBI. Seasonal Variation in Cholesterol. (PI: Ira Ockene, MD).  
This is a large prospective study (641 subjects), designed to quantify the magnitude and timing of seasonal changes in blood lipids and to identify the major factors contributing to this variation. Manage dietary assessment of 12 dietary recalls per subject.
- 1996-1997 Ross Pharmaceutical diet and drug studies. (PI: James Hebert, PhD.)  
Manage dietitians performing the dietary assessment calls for the studies.
- 1996-1997 Dana Farber Cancer Institute. 5-A-Day Study. (PI: James Hebert, PhD)  
Manage the dietitians performing the dietary assessment calls for the studies.
- 1997-1998 Covance Pharmaceutical diet and drug studies (PI: James Hebert, PhD).  
Manage the dietitians performing the dietary assessment calls for the studies.
- 1996-1997 Geltex Pharmaceuticals. Titration drug studies and dietary assessment. (PI: James Hebert, PhD) Supervise 24-hr dietary assessment calls and data.
- 1998-1999 Danny Fund. Brassica Vegetables and biomarkers of breast cancer. (PI: Jay Fowke, PhD) Develop and supervise intensive dietary intervention to include particular amounts of brassica vegetables. Supervise 24-hr recalls; develop, validate and implement other dietary assessment instruments.

- 1999-2001 Danny Fund. The Prostate Cancer Pilot Study ((PI: J. Hebert, PhD., James Carmody, PhD.). The purpose of the study is to test whether a strict dietary intervention coupled with a mindfulness based stress reduction program could diminish the rising PSA in men who have had prostatectomies. Developments of the nutrition curriculum, performance of quality control, assist with individual nutritional counseling, and manage dietary assessment activities.
- 2001-2002 NIH, NIA. Adherence to Dietary Modification in the Women's Health Initiative (PI: Milagros Rosal, PhD).  
The purpose of this study is to determine factors relating to dietary adherence across 5 WHI study sites. This study utilizes the Nutritional Data System 24hr dietary recall software program. Each participant is called three times, unannounced, covering 2 weekdays and one weekend call. This is correlated with a questionnaire on compliance administered at the beginning of the call windows. Manage the nutritional assessment aspects of the study, including supervision of the dietitian callers.
- 2001-2002 North Dakota Oilseed Council (Co-PIs: Ira Ockene, Barbara Olendzki). Effects of flaxseed oil on men and women with high triglycerides  
This pilot study is testing the effects of flaxseed oil on reduction of triglycerides in men and women who have a history of triglycerides over 350 mg/dl. Coordinator of all nutritional components to the study, in addition to recruitment and assessment activities.
- 2002 American Diabetes Association. Diabetes Management for Low-Income and Minority Patients: a Pilot Study (PI: Milagros Rosal, PhD.).  
Design, implement, and assess the feasibility of dietary modification and other self-management strategies for diabetes in a population of low-income and minority individuals with type 2 diabetes. The long-term goal is to undertake a randomized clinical trial of the effectiveness of this intervention for management of diabetes in this particular population. Train and supervise dietitians, and develop new nutrition tools and curriculum for this unique population.
- 2002-2003 Central Soya. (PI: Ira Ockene, MD) Soy I, Soy II, Soy III Studies.  
Test the effects of a beverage preparation containing particular types of soy on cholesterol levels. Supervise dietary assessment and provide the clinical bridge to physicians of patients whose lipids are high risk.
- 2001 -2003 NIH, NHLBI. Systems to Enhance Provider Counseling in Hyperlipidemia, WATCH II. (PI: I. Ockene, MD)  
The purpose of the WATCH II Study is to test the application of a systems approach to lipid management. This includes: telephone counseling for dietary change and an automated referral to the dietary intervention developed in the original Worcester Area Trial for Counseling Hyperlipidemia (WATCH). Dietary and lifestyle changes are the primary prevention to the development of coronary heart disease, and are the focus of this study. Manage all nutritional components of the study, such as: development of study nutrition materials, telephone counseling performed by registered dietitian, individual nutritional counseling, and group nutrition and cooking classes, dietary assessment, supervision of all nutrition employees, and assure quality control.

- 2000-2004 NIH, NHLBI. Improving Adherence to Pharmacological Treatment (PI: Ira Ockene, MD.)  
The overall goal of this study is to implement and evaluate the effects of a systems-based and pharmacist-mediated program designed to improve adherence to lipid lowering pharmacologic therapy for patients with known coronary disease (CHD) and of their physicians/nurse practitioners to the National Cholesterol Education Program Guidelines. Nutrition guidelines are developed and disseminated to all patients. Those patients requesting outpatient nutritional counseling are referred to B. Olendzki, for assistance with lifestyle changes. Supervise all dietary assessment activities, utilizing several dietary assessment instruments.
- 2002-2004 Idea and Clinical Bridge Award. Flaxseed in Postmenopausal Women: Effects on Hormonal Biomarkers of Breast Cancer Risk. (PI: Susan Sturgeon, PhD. UMass Amherst Campus)  
To investigate the effects of flaxseed supplementation to usual diet to determine effect on hormonal biomarkers of breast cancer risk.
- 2002-2005 United States Army Medical Research and Materiel Command. The Prostate Health Study (PI: J. Carmody, PhD.)  
To examine the effects of change (physiological and psychological) to a prostate-healthy diet that is supported by mindfulness based stress reduction on changes in PSA velocity. Develop the nutritional components of the intervention, serve as a consultant, supervise dietitians, perform quality assurance, and manage all aspects of dietary assessment.
- 2003-2008 NIH/NCAM. Treatment of rheumatoid arthritis with marine and botanical oils. (PI: Robert Zurier, MD)  
Ms. Olendzki will nutrition assessment, periodically perform quality control checks to assure that the dietary data are of the highest standards, and be involved in the final analysis of nutritional data, and manuscript writing of the outcomes.
- 2004 – 2006 NIH, NHLBI . Dietary Glycemic Load, Body Weight, and Blood Lipids (PI: Y. Ma, MD, PhD)  
The overall goal of this 2 year proposal is to examine the association of glycemic load (GL), derived from 24-hour dietary recalls, with body weight and blood lipids (including total cholesterol, LDL, HDL, and triglycerides), and to study seasonal and short-term variation of GL in a free-living healthy population.
- 2004-2005 Department of Medicine, UMass Medical School  
Dietary Control of Diabetes Using a PDA-Assisted Glycemic Index Score (PI: Y. Ma, MD, PhD). The primary goal of this 1-year proposed study is to gather pilot data on the feasibility of an educational program among patients with type 2 diabetes through the implementation of GI-appropriate dietary choices. To the extent that the relatively small numbers in the pilot study will permit, the secondary goal is to measure the effect of the intervention on glycosylated hemoglobin levels and dietary GI scores.
- 2005-2006 AICR  
Development and Feasibility of Be Active Mind/Body Treatment for Depression and Obesity (PI: S. Pagoto, PhD)

- The goal of the study is to develop intervention materials and provide preliminary data for a larger randomized clinical trial. The combination of obesity and depression compounds health risks and poses a major public health burden as the prevalence of these two disorders increases. The study is an intervention that targets obesity and depression which may contribute to the prevention of cancer to the breast, colon/rectum, renal, endometrium, and esophagus, all of which are associated with obesity.
- 2004-2009 NIH, NIDDK, RO1.  
Translational Research for the Prevention and Control of Diabetes Lawrence Latino Diabetes Prevention Project (PI: I. Ockene, MD)  
The goal is to implement and evaluate a diabetes prevention program for low income, Latino patients at high risk of developing diabetes. This is a very complex population, requiring intensive amounts of creative thinking and program development to effectively intervene.
- 2004-2008 NIH, NIDDK, RO1.  
Diabetes Management for Low-Income Hispanic Patients (PI: M. Rosal, PhD)  
The overall goal of this randomized clinical trial (RCT) is to test the efficacy of an educationally-and culturally-tailored cognitive-behavioral intervention (CBI) designed to enhance adherence to diabetes self-management behaviors and thus improve glycemic control (HbA1c) among low-income Hispanic individuals with type 2 diabetes mellitus (T2DM). The study has been successfully pilot-tested in the target population.
- 2005 – 2009 NHLBI, R01  
Reducing Risk Factors in Peripheral Artery Disease (PI: MM McDermott, MD) This randomized controlled clinical trial will test the ability of a health-counselor mediated telephone-counseling intervention as compared to normal care to reduce LDL-C levels in patients with peripheral artery disease.
- 8/05-8/07 1R21 AT02522-01A1 NCCAM (PI: J. Ockene, PhD)  
Soy Isoflavones for Menopausal Vasomotor Symptoms  
A randomized, placebo-controlled 15-week feasibility study of 180 menopausal women with moderate to severe VMS to examine a isoflavone dose ranges and dosing frequencies of isoflavone capsules containing the primary isoflavones. Nutrition and physical activity assessment and analysis are a part of this study.
- 4/07-3/31/12 NIMH, 1R01MH078012-01A1, (PI: Sherry Pagoto, PhD).  
Depression and Obesity study. Building on the earlier AICR pilot study, this study tests the sequential effect of treating depression before engaging in a lifestyle intervention for weight loss, vs. simultaneous treatment.
- 2/08-1/2010 NIH/NICHHD, 1R21 HD053371-01A1 (PI: Lori Pbert, PhD)  
A School Nurse-Delivered Intervention for Overweight and At Risk Adolescents. The purpose of this study is to adapt a theory-based school nurse-delivered intervention and test its feasibility and potential efficacy in reducing BMI, improving diet, increasing physical activity and decreasing sedentary behavior.
- 4/09-4/2013 1R01HL094575-01A1, NIH, NHLBI (PI: Y. Ma, PhD)

- “A simple dietary message to improve dietary quality for metabolic syndrome” In a randomized clinical trial, we will compare the efficacy of two intervention approaches to dietary change for CHD prevention among persons with metabolic syndrome.
- 12/09-11/11 NIH NIDDK. 1R21DK083700-01A1. (Y.MA)  
Depression, antidepressant use and risk of diabetes in the WHI. Total amount requested: \$511,306. Role: Nutritionist. (5%, 10%).
- 08/11-01/12 1RC1LM010412-01 NIH/NHLBI (Weicha J.)  
A randomized controlled trial of 2 methods of health education for urban African-American women with diabetes (N=100). The study is comparing diabetes health education delivered face to face versus delivered in a virtual world computer environment using 3 dimensional avatars.  
Role: Co-Investigator
- 2011-2012 CCTS, UMass Medical School (Moore-Simas, Rosal Co-PI). Dietary Composition in pregnancy contributing to retention of weight gain. (Pea-Pods) Role: Co-Investigator

### **Dietary Assessment for Research**

- 1996-Present Dietary assessment training, supervision and quality control for ongoing studies, supervising 5-9 offsite dietitians performing dietary assessment utilizing the Nutritional Data System for Research (NDS-R) computer interactive software annually updated by the University of Minnesota Nutrition Coordinating Center. This also includes resolution of missing foods from the database, data cleaning, analysis and interpretation.

### **CLINICAL PRACTICE**

- 1996-Present **Senior Clinical Cardiac Dietitian, Division of Cardiovascular Medicine, UMass Memorial Health Care.**

Provide outpatient counseling in a busy practice setting, specializing in the nutritional prevention and treatment of cardiovascular and other disease. Communicate and coordinate with other health team members. Develop clinical handouts for use by physicians and dietitians.

Supervise and manage outpatient dietitians in cardiovascular medicine and cardiac rehab, address clinical concerns and medical nutrition reimbursement issues.

Areas of specialty include:

- Lipid abnormalities
- Renal disease
- Gastrointestinal and digestive disorders (specialty IBD)
- Weight management (underweight and overweight concerns)
- Diabetes (Type I and II)
- Cancer (especially hormonal cancers)
- Rheumatoid and osteoarthritis
- Osteoporosis and osteopenia
- Food allergies and intolerances.

- Supplemental nutrition, herbs and natural remedies

2004-Present Advisor—UMass Memorial Weight Center (treatment center for bariatric and medical weight loss).

## **TEACHING**

### **University of Massachusetts Medical School and UMass Memorial Health Care**

#### **Graduate School of Nursing, and Nurse Practitioner Program:**

2004-Present Developed annually, a mini-course (6-8 lectures) within the Physiology course in the UMass Graduate School of Nursing (Dr. Omanand Koul). Syllabus includes: Basic Nutrition, Obesity, Enteral and Parenteral Nutrition, Diabetes, Nutrition in the Lifecycle, Nutritional Medicine, Nutrition and Behavior, Cardiovascular Disease, Renal Disease, Gastrointestinal Disease, and Neutraceuticals.

#### **Preventive Medicine Residency Program, Core Faculty**

2011- Clinical Nutrition Course and practicum

1999-Present Nurse Practitioners program annual lectures: Nutrition and Chronic Disease, Behavioral Change, and Food and Nutrition, Eating Disorders.

#### **The Albert Schweitzer Fellowship Program, Academic Mentor**

2011-2012 Talya Brettler, MD, is devoting 200 hours to addressing food insecurity in Worcester by leading healthy food and nutrition cooking classes at free medical clinics in the area. Residents seeking free care will enjoy a healthy snack while learning how to improve their diets at home. Site: St. Anne's Free Medical Clinic.

- Provide assistance in designing and implementing the Fellow's project;
- Assist the Fellow in determining if the project needs Internal Review Board (IRB) approval, and guide the Fellow through the process when necessary;
- Be available by telephone and/or email over the course of the Fellow's project to discuss the project's implementation or to help solve any problems that may arise.
- Meet with the Fellow as appropriate;
- Provide general guidance in the personal and professional development of the Fellow and assist the student in balancing academic obligations with the service project when necessary;
- Act as a resource to the Fellow for professional contacts that may assist her/him over the course of the fellowship;
- Review the Fellow's monthly reflections sent via email and respond if appropriate; and
- Report any concerns to the Program staff.

**Primary Care and The Department of Medicine:**

- 1998-2010 Primary Care Days: Annually, lectures on a variety of nutrition topics as requested, including Cardiovascular Disease, Diabetes, Nutrition and Disease, The Glycemic Index, Obesity, Eating Out, Nutrition Counseling.
- 2008 Family Medicine Grand Rounds. The Past, Present and Future of Cardiovascular Nutrition
- 2007 Primary Care Noontime Conference. Diabetes and Cardiovascular Disease.
- 2007 Preventive and Behavioral Medicine Research Seminar. The Lawrence Latino Diabetes Prevention Program Nutrition Intervention.
- 2005 Family Medicine Grand Rounds. Cardiovascular Nutrition.
- 2004 Grand Rounds, Family Medicine, UMass Memorial Health Care. The Way to a Patient's Heart is Through Good Nutrition
- 2000-2001 Family Medicine Rounds. Nutritional Treatment of Cardiovascular Disease. Nutrition Assessment for Docs. CVD and Omega-3 Fatty Acids.
- 9/2000 Primary Care Rounds. Review of Omega-3 Fatty Acids and Their Treatment of Inflammatory Disease.

**Medical School Nutrition Education:**

- 2002-Present The Dream Team Medical Residency. Rotations through Cardiovascular Nutrition, ~3-4 residents per month in 2010-2011. 4<sup>th</sup> year student Nutrition elective rotation through Cardiovascular Nutrition, 2-3 residents per month.
- 2004-2006 Physician, Patient, and Society course: small group case studies of nutrition issues, with a standardized patient.
- 11/04 "Food". Presentation to first year medical students.
- 2003-2004 Co-director of the medical school nutrition education program (with Steve Hardy, MD).
- 2001-2004 University of North Carolina at Chapel Hill. Introduce the Nutrition in Medicine CD's to the Medical Students. On reserve in the medical library, now under consideration for purchase and incorporation into 2<sup>nd</sup> year medical nutrition education. Presentations to faculty regarding the CD's and possible uses in course curriculum.
- 2002-2003 Coordinator and lecturer of medical student nutrition education. 34 hours of lectures covering all aspects of nutrition within the 4 year medical student nutrition curriculum.
- 1997-2003 Interclerkships: Hunger, Culture and Nutrition, Vegetarian Diets, Cultural Diets, Nutrition in the Lifecycle.
- 1997-2002 1<sup>st</sup> and 2<sup>nd</sup> year Medical Students. Heart Healthy Luncheon. In conjunction with the course on cardiovascular medicine.

**NIH Medical Student Interns**

- 2005-06 Miguel Conception: "Physical Activity in Latinos". "Correlates of Lifestyle Change in Latinos".
- 2006 Deanna Erb: "Behavioral Strategies for Lifestyle Change in physical activity and nutrition in Latinos".

**Dietetic Internship Preceptor**

- 2007-2010 University of Massachusetts, Amherst dietetic internship program  
Presentation to interns on “clinical nutrition and disease”.
- 1998-present UMass Amherst, Sedexo Internship Program, community rotation.  
1-2 dietetic interns per year, each spends 3 months rotations with UMass  
Medical School and outpatient nutrition counseling. Interns are trained in  
nutrition research, community nutrition, and outpatient clinical counseling.  
Each intern presents a final project. Prepare students to pass the  
community and research component of the RD exam.
- 1999-2002 Professional Mentor Recognition Award.

### **Master’s Students**

- 2002-2007 Preceptor and committee member for Master’s degree candidates:  
Youfu Li: The Glycemic Index and Body Weight  
Erin Pacheco: The Season’s Study Glycemic Index  
Jennifer Atkinson: Glycemic Index and C-Reactive Protein  
Mark Butterfield: Spousal dietary change in the prostate cancer study.  
Bob Magner: Independent Study, Nutritional Epidemiology  
MPH Project in Heart Failure

### **Medical Residents with Extended Rotations in Nutrition**

- 2006-present Marie Caggiano, MD. Mark Butterfield, MD. Yael Rosen, MD. Saad  
Khan, MD. Nancy Skehan, MD. Barbara Emerson, MD. Rebecca  
Kasenge, MD. Anh Tran, MD. Kathryn Post, MD.

### **Research Mentoring, Pilot and Student Projects**

- 2009-2010 Erin Hickey, Senior Capstone Nutrition Project. The Nutrition  
Environment survey. Developed a research tool that will help to link  
obesity and chronic disease to community-related food providers such as  
schools (elementary, middle, and high schools), nursing homes, and  
hospitals, where meals are often regulated and can be tracked.
- 2007-2008 Genevieve Desaulniers, WPI senior project: The Can Do Study,  
hypertension and dietary change.
- 2006-2009 Vijalakaskmi Patil, Nutrition Environmental Survey, Worcester County.  
2007 Sarah Patten, Cornell Nutrition Studies, the Nutrition Environmental  
Study.

### **Community Education Presentations, Articles, and Abstracts**

- 2011 Dept. of Psychiatry academic interest group, “Obesity and the Clinician”.
- 2011 UMMHC ICD group: “Nutrition for a Healthy Heart”, Beechwood Hotel,  
Worcester, MA.
- 2011 The Third Annual Colo-Rectal Cancer Symposium, “What to eat if it isn’t  
meat?”. Beechwood Hotel, Worcester, MA.

- 2011 WCRN Channel 3 TV interview with Hank Stolz, on Colon and Rectal Cancer prevention through diet.
- 2011 UMMHC T1DM Insulin support group: Aspects of carbohydrate control
- 2010 Psychology Complementary and Alternative Medicine Group, presentation on aspects of obesity.
- 2010 Health Rocks: internet live-stream question and answer format with Dr. Mache Seibel, moderator
- 2009 Panel Discussion, Heart Failure Awareness Group  
The Truth About Diets, UMass Memorial Foundation  
Dietary Pathways, Implantable Defibrillators Group
- 12/07 "The Way to the Heart", presentation to patients with implantable defibrillators, Worcester, MA.
- 2006-2007 Living Naturally Magazine (The Living Earth, Worcester, MA), articles on diet and lipids, and facts and fallacies of heart disease and diet.
- 11/06 Martha Stewart Living Magazine, November issue article on vegetarian diets.
- 11/06 Self Magazine, article on carbohydrate and body weight.
- 2/06 American Heart Association, Women in Red Symposium. "Cardiovascular Nutrition".
- 2005 Ma Y, Olendzki B. A personal dietary assistant for patients with diabetes. Mass High Tech 2005, March 7.
- 9/05 Women's Health Magazine, Rodale Press, article on situational eating issues for women.
- 2/04 American Heart Association, Women in Red Symposium. "Cardiovascular Nutrition".
- 10/03 Massachusetts State Dietetic Association Fall Conference. The Obesity Panel, presentation entitled "When Normal Isn't Normal Anymore".
- 4/03 Northeast Group on Educational Affairs Regional Meeting. "A Cross-Disciplinary Collaborative Model to Develop a Nutrition Curriculum Across the Four Years of Medical School". Cardaisis C, Pasquale S, Hardy S, Olendzki B.
- 4/02 National Council of Jewish Women: A Total Wellness Day. "Therapeutic Dietary Change". Served on a panel, "Changing Your Perspective on Wellness".
- 2000-2001 The Prostate Cancer Support Group. "Nutrition and Prostate Cancer, a review of the Prostate Cancer Pilot Study".
- August 2000. Society for Nutrition Education Conference, Charleston SC, "Reducing Disease Risk in Low Income Postpartum Women".  
Pearson, M, Ebbeling C, Olendzki B, Russo E, Peterson K.
- 2000-2001 Brown Bag Lunches. Various nutrition topics presented, including Eating on the Run, Healthy Cookouts, Macrobiotics, Nutrition and Menopause.
- 1/01 WGMC-TV, Health Watch. "The role of soy products in the prevention and treatment of cancer, cardiovascular disease and menopausal symptoms".
- 8/98 Northboro Free Library. "Nutrition and Exercise".
- 6/97 Department of Medicine "Healthy Luncheon."
- 4/97 Supper Symposium. "Nutrition and Menopause", followed by a Panel discussion.

## **Nutrition Tools for Health Care Professionals**

The Center for Integrative Nutrition Website. Available at:  
<http://www.umassmed.edu/behavmed/nutrition>

Continued development of clinical and patient nutrition handouts. This includes an extensive cookbook for heart healthy cooking, and handouts such as: nutritional treatment of osteoporosis, newsletters, lowering LDL-cholesterol, raising HDL-cholesterol, lowering triglycerides, suggested reading list, restaurant guide, managing diabetes, whole grains, fiber (soluble and insoluble), fish and omega-3 fatty acids, optimal nutrients from food, exercise tips, greens, carbohydrate content of fruit and vegetables, shopping tips, Spanish nutrition materials, prostate cancer nutrition, and more.

## **PUBLICATIONS**

### **Peer Reviewed Articles**

1. Ma Y, Balasubraman R, Pagoto S, Schneider K, Culver A, Olendzki B, Tinker L, Liu S, Safford M, Sepavich D, Rosal M, Ockene J, Carnethon M, Zorn M, Hebert J. Elevated Depressive Symptoms, Antidepressant Use, and Diabetes in a Large Multiethnic National Sample of Postmenopausal Women. *Diabetes Care*, *in press*, September 2011.
2. Olendzki B, Leung K, Van Buskirk S, Reed G, Zurier R. Treatment of Rheumatoid Arthritis with Marine and Botanical Oils: Influence on Serum Lipids. *Evidence Based Complementary and Alternative Medicine*. *In Press* Sept. 2011.
3. McDermott M, Reed G, Greenland P, Mazor K, Pagoto S, Ockene J, Graff R, Merriam P, Leung K, Manheim L, Kibbe M, Olendzki B, Pearce W, Ockene I. Activating Peripheral Arterial Disease Patients To Reduce Cholesterol: A Randomized Trial" *Am J Med*. 2011 Jun;124(6):557-65.
4. Rosal M, Ockene I, Restrepo A, White M, Borg A, Olendzki B, Scavron J, Candib L, Reed G. Randomized Trial of a Literacy-Sensitive, Culturally-Tailored Diabetes Self-Management Intervention for Low-Income Latinos: Latinos en Control. *Diab Care*, 2011 Apr;34(4):838-44. Epub 2011 Mar 4.
5. Fernandez S, Olendzki B, Rosal M. A dietary behaviors measure for use with low-income, Spanish-speaking Caribbean Latinos with type 2 diabetes: The Latino Dietary Behaviors Questionnaire (LDBQ). *J Am Diet Assoc*, 2011 Apr;111(4):589-99.
6. Olendzki B, Speed C. Medical Nutrition Assessment. In: *UpToDate*, Rind, D (ed). *UpToDate*, Wellesley, MA, updated 2005-2011.
7. Rosal MC, White MJ, Restrepo A, Olendzki B, Scavron J, Sinagra E, Ockene IS, Thompson M, Lemon SC, Candib LM, Reed G. Design and methods for a randomized clinical trial of a diabetes self-management intervention for low-income Latinos: Latinos en Control. *BMC Med Res Methodol*. 2009 Dec 9;9:81.
8. Ma Y, Olendzki BC, Pagoto SL, Merriam PA, Ockene IS. What are patients actually eating: the dietary practices of cardiovascular disease patients. *Curr Opin Cardiol*. 2010 Jul 9. [Epub ahead of print]

9. Lemon S, Olendzki B, Culver A, Magner R. The dietary quality of persons with heart failure in NHANES 1999-2006. *Journal of General Internal Medicine*, 2010 Feb;25(2):135-40. Epub 2009 Oct 31.
10. McDermott MM, Mazor KM, Reed G, Pagoto S, Graff R, Merriam P, Kibbe M, Greenland P, Ockene J, Olendzki B, Huimin Tao, Ockene I. Attitudes and behavior of peripheral arterial disease patients toward influencing their physician's prescription of cholesterol-lowering medication. *Vasc Med*. 2009 Apr;15(2):83-90. Epub 2010 Jan 29.
11. Merriam PA, Ma Y, Olendzki BC, Schneider KL, Li W, Ockene IS, Pagoto SL. Design and methods for testing a simple dietary message to improve weight loss and dietary quality. *BMC Med Res Methodol*. 2009 Dec 30;9:87
12. Pagoto S, Bodenlos J, Schneider K, Olendzki B, Ma Y. Initial investigation of behavioral activation therapy for co-morbid major depressive disorder and obesity. *Psych therapy, practice, research, training*. 2008, Vol. 45, No. 3, pp 410-415.
13. Pagoto, SL., Ma, Y., Bodenlos, JS, Olendzki, B., Rosal, MC., Tellez, T., Merriam, P., Ockene, IS. Association of Depressive Symptoms and Lifestyle Behaviors among Latinos at Risk of Type 2 Diabetes. *J Am Diet Assoc*. 2009 Jul;109(7):1246-50.
14. Merriam P, Tellez T, Rosal M, Olendzki B, Ma Y, Pagoto S, Ockene I. Methodology of a diabetes prevention translational research project utilizing a community-academic partnership for implementation in an underserved Latino community. *BMC Med Res Meth* (13 Mar 2009).
15. Olendzki B, Ma Y, Schneider K, Merriam P, Culver A, Ockene I, Pagoto S. A simple dietary message to improve dietary quality: results from a pilot investigation. *Nutrition*, Vol 25: 2009; 736-744.
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### **Abstracts and Presentations**

1. Olendzki B, Leung K, Van Buskirk S, Reed G, Zurier R. Treatment of Rheumatoid Arthritis with Marine and Botanical Oils: Influence on Serum Lipids. Evidence Based Complementary and Alternative Medicine. Mass Dietetic Association Conference, March 2011.
2. Olendzki B, Persuitte G, Silverstein T, Baldwin K, Cave D, Zawacki J, Battacharya K, Ma Y. Pilot Testing a Novel Treatment for Inflammatory Bowel Disease. 2<sup>nd</sup> Annual Clinical & Translational Science Research Retreat, May 2011, Shrewsbury MA.
3. Rosal MC, Lemon SC, Olendzki B. Beverage consumption among low-income Latinos with type 2 diabetes. (Poster) The American Diabetes Association (ADA) 70<sup>th</sup> Scientific Sessions, Orlando, FL, June 2010.

4. Schneider S, Ma Y, Olendzki B, Merriam P, Rosal M, Freedson P, Tellez T, Ockene I. Validity of Physical Activity Among Latinos. Society for Behavioral Medicine Conference, 2010.
5. Rosal M, Lemon S, Olendzki B. Beverage Consumption Among Low-Income Hispanics with Uncontrolled Type 2 Diabetes. American Diabetes Association annual conference, June 25 - 29, 2010, Orlando, Florida
6. Ockene I, Tellez T, Rosal M, Merriam P, Olendzki B, Ma Y. A Latino community intervention for the prevention of diabetes: The Lawrence Latino Diabetes Prevention Project. AHA conference, November, 2009.
7. Olendzki B, Clifford L, Lemon S, Rosal M. Development of an Intervention Tool
8. to Facilitate Food Choice and Self-monitoring Among Low-income Women. Massachusetts Dietetic Association Conference, 2009.
9. Magner R, Ma Y, Olendzki B, Hurley T, Ockene I, Schneider K, Hebert J. Number of 24-Hour Diet Recalls Needed to Estimate Energy Intake. Society for Epidemiological Research Meeting, June 24-27, 2008 in Chicago, Illinois
10. Stephenie C. Lemon, PhD, Barbara Olendzki, MPH, RD, Robert Magner, MPH, Wenjun Li, PhD, Annie L. Culver, BPharm, Ira Ockene, MD, Robert J. Goldberg, PhD. The dietary quality of persons with heart failure in NHANES 1999-2006, SBM 2009.
11. Olendzki B, Ma Y, Schneider K, Merriam P, Culver A, Ockene I, Pagoto S. A simple dietary message to improve dietary quality: results from a pilot investigation. American Dietetic Association Annual Meeting, October 2008, Chicago, Ill.
12. Magner R, Ma Y, Olendzki B, Hurley T, Ockene I, Schneider K, Hebert J. Number of 24-Hour Diet Recalls Needed to Estimate Energy Intake. Society for Epidemiological Research Meeting, June 24-27, 2008 in Chicago, Illinois
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14. Ma Y, Pagoto S, Hafner A, Ockene I, Merriam P, Griffith J, Olendzki B. A comparison of popular diets on dietary quality. Oral presentation and publication at the Society for Epidemiological Research Meeting, March 21-24, 2007, Washington, DC.
15. Olendzki B, Ma Y, Pagoto SL, Griffith JA, Merriam PA, Rosal M, Li Zhongzen, Patil V, and Ockene IS. Difference between self-reported energy intake and estimated energy requirement in a Latino population at risk of developing diabetes. Society for Epidemiological Research Meeting, March 21-24, 2007, Washington, DC
16. Ma Y, Olendzki B, Griffith J, Bodenlos J, Pagoto S. Translation of Glycemic Index Concept in Patients with Type II Diabetes. UMass Clinical and Translational Retreat, April 25-26, 2007 Worcester, MA.
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Eat To Defeat Menopause. Red Hot Mamas Publishing (2009), available on Amazon. I analyzed all the recipes for this book, and assisted with correct nutrition information with Dr. Seibel. With forward by Dean Ornish, MD. Eat to Defeat Menopause combines easy-to-understand health information to combat the symptoms of menopause with delicious and healthy recipes from the authors and some of America's top chefs.

### **Video Production**

Culver A, Olendzki B, Rosal M. Sandra and Martha's Story. Script written and video produced for low-income, low-literacy diabetic Hispanic adults to facilitate lifestyle change. Funded by Robert Wood Johnson Foundation and NovoNordisk Pharmaceuticals. In production Dec. 2004, finalized Feb. 2005.

### **PROFESSIONAL ORGANIZATIONS**

American Dietetic Association  
Research Nutrition Dietetic Practice Group  
Society of Behavioral Medicine  
American Heart and Stroke Association  
Council on Nutrition, Metabolism and Physical Activity, American Heart Association  
Central Massachusetts Dietetic Association  
Sports, Cardiovascular and Nutrition Dietetic Practice Group  
American Diabetes Association  
Quabbin Regional High School Wrestling Team Nutrition Coach, 2003-2005.