

CURRICULUM VITAE
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Assistant Professor of Medicine
Director, Center for Applied Nutrition

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-Present Preventive Medicine Clinical Nutrition Program, Department of Family
Medicine, UMass Medical School.
2013-Present Clinical and Population Health Program, Department of Quantitative
Health Sciences, UMass Medical School.

AWARDS, 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.
2012 Excellence in Clinical Service Award, UMass Medical School
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
2009-2012 Hunger Free and Healthy (Steering Committee)
2011-2012 Worcester Advisory Food and Active Living Policy Council
2009-2011 Wellness Task Force, UMass Medical School
2011-Present Alternative and Integrative Health Interest Group, UMass Medical School

PROFESSIONAL SERVICE ACTIVITIES

2002-Present Director, Center for Applied Nutrition, Department of
Medicine, Division of Preventive and Behavioral Medicine.
[Http://www.umassmed.edu/nutrition](http://www.umassmed.edu/nutrition)

2010-2011 Reviewer of UK Diabetes Grants (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

2011-2013 Worcester Food and Physical Activity Policy Council,
Steering Committee Hunger Free and Healthy

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/pihhn>

2005-2011 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 **Director, Center for Applied Nutrition, UMass Medical School**

Principal Investigator

7/13-8/14 IBD-AID. The Anti-inflammatory Diet for patients with Crohn's Disease. Nested RCT pilot study (David Cave, C-PI), to detect changes in the microbiome by diet, by comparing via electronic nose instrumentation. Separate analysis to detect symptomatic effects. Privately funded.

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/NICHD, 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.
- 4/09-5/2014 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%).
- 08/11-08/12 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
- 2011-2013 CCTS, UMass Medical School (Moore-Simas, Rosal Co-PI). Dietary Composition in pregnancy contributing to retention of weight gain. (Pea-Pods) Role: Co-Investigator
- 2011 –2013 1R21HL110208, NIH (Pbert)
“School Nurse Intervention and After School Exercise Program for Overweight Teens”
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 potential efficacy in reducing BMI, improving diet, increasing physical activity and decreasing sedentary behavior. Role: Senior Nutritionist
- 5/12-8/13 WHI New England Regional Center (NE-RC) REACH WHI Feasibility Study. (Li, Wenjun)
Project Aims: To initiate the development of the self-administered instrument for surveying older women’s food purchasing habits, eating inside and outside the home with respect to frequencies, store type, restaurant type, geographic locations, and modes of transportation. To initiate the development of the administered instrument for surveying older women’s exercise and sedentary behaviors with respect to geographic location, timing, frequency and type/intensity, To initiate the development of the self administered instrument for assessing participant perceptions of the nutrition and physical activity environment in their neighborhoods. To provide input on the focus group and interview guides to refine the above questionnaires. In kind, Co-I.
- 03/12-09/13 Contract INTF2900HH2706811076 (Li)
CDC/Massachusetts Department of Public Health \$181,775
Evaluation of Mass in Motion and CTG Programs

This project provides statistical evaluation of the effectiveness of Mass in Motion and CTG programs managed by Massachusetts Department of Public Health.

Role: Co-I (5%)

- 06/12-9/12 HHSN268201100001C (Wactawski-Wende, Li) \$20,000
NHLBI/ University at Buffalo
The Women's Health Initiative Regional Field Center Program / WHI REACH Pilot Project
This pilot project develops and tests new instruments for surveying food purchasing and exercise behaviors among older women. The instruments will be used in a larger study ancillary to WHI. Role: Co-I (In kind)
- 08/12-07/13 LSMF (Li) UMCCTS (NIH U54 CTSA) \$100,000
Residential Environment And Coronary Heart Disease Risk Factors (REACH) Pilot Study
This pilot project develops and tests new instruments for surveying food purchasing behaviors and use of exercise places among older women. The study will test a battery of dietary and physical activity instruments among 100 community-dwelling older women. Role: Co-I (3%)
- 04/13-03/15 UL1TR000161(Waring) 0.30 calendar months \$87,663
UMCCTS Pilot Project Program
Impulsivity and weight gain during pregnancy: the roles of excess energy intake, food reward sensitivity, and the food environment. The goal of this project to examine a novel risk factor for excessive gestational weight gain, impulsivity. We will enroll a prospective cohort of 125 pregnant women. We will also examine whether excess energy intake mediates the association between impulsivity and excessive gestational weight gain, and whether food reward sensitivity and the home food environment moderate this association.
- 9/12-04/14 5R21HL114083. (Gaskins). .24 calendar \$11,162
Helping Ethnically Diverse Mom's to Prevent Obesity in their Preschool Children. Purpose: 1) to conduct formative interviews with teen mothers to inform a targeted adaptation of empirically based weight management and parent training programs adapted for teen mother ObP for their preschoolers; and improve overall parenting skills & parent/child connectedness; (2) to conduct a small pilot and post-pilot focus group of the feasibility & acceptability of recruitment & retention methods & the intervention; and explore potential behavior & ObP effect size estimates. Role: Co-I (2%).
- 7/13-7/14 H00002067. (Olendzki, PI). Nested sub-study, privately funded.
Anti-Inflammatory Diet for Inflammatory Bowel Disease (IBD-AID)
We propose to evaluate changes in the microbiome in patients with ileal, colonic, and ileo-colonic Crohn's Disease (CD) before and after adherence to the Anti-Inflammatory Diet (AID). We hypothesize that by following the IBD-AID, CD subjects will A) demonstrate a change in the pattern of the microbiome as measured at baseline and follow-up by the Electronic Nose (E-Nose, baseline is part of the parent study), and B) find improvement in symptomology as measured by the Harvey Bradshaw Index (HBI), a validated and reliable tool to measure health-related quality

of life in adult patients with Crohn's disease (all subjects have filled this out as part of the parent study). Crohn's subjects who meet eligibility but decline intervention will be invited to serve as controls.

- 8/13 - 7/15 R21 HL119665. Pbert/Salmoirago Blothcher (M-PI)
NIH/NHLBI
Mindfulness Training to Promote Healthy Diet and Physical Activity in Teens. The major goal of this pilot study is to test the feasibility and preliminary efficacy of a school-delivered, mindfulness + health education intervention (MHE) compared to health education (HE) alone on dietary habits and physical activity in 80 adolescents recruited among 9th graders.
Role: Senior Nutritionist
- 9/14-9/19 1U48 DP005031-01. (Lemon/Rosal MPI)
CDC. UMass Worcester Prevention Research Center-Applied Research Project
Removing Social, Environmental and Family Barriers to Childhood Obesity Prevention
This proposal will support an applied public health research project that will test the impact of adding a family-focused community health worker-delivered navigation intervention to a built environment intervention in an under-resourced neighborhood on child and parent obesity.
Role: Evaluation Nutritionist

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.
- 2007-Present Development and reliability testing of the Nutrition Environment Assessment Survey. This is a collaboration with Dr. Wenjun Li of the Health Geography Lab, UMass Medical School. The surveys are conducted in Worcester County, and in the State of Massachusetts. The stores and restaurant data from communities are stratified by rurality (urban, suburban, rural towns) and by tertiles of community median household income. This survey is used in various applications of obesity and chronic disease research.

CLINICAL PRACTICE

- 1996-Present **Director of Cardiovascular Nutrition, 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. (see website)
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

2011-2013 Diabetes Group Counseling for uncontrolled diabetes, Primary Care.

2004-2012 Advisor—UMass Memorial Weight Center (treatment center for bariatric and medical weight loss).

TEACHING

University of Massachusetts Medical School and UMass Memorial Health Care

Preventive Medicine Residency Program, Core Faculty

2011-Present Clinical Nutrition Course and practicum: 12 weeks with each Preventive Medicine Resident to train them in Clinical and Research Nutrition Applications. Bi-annual courses.

Graduate School of Nursing, and Nurse Practitioner Program:

2013 Nutrition Challenges Throughout the Lifecycle

2013 Clinical and Population Health Program, Nutritional Epidemiology.

2012-Present Graduate School of Nursing, UMass. Nutrition and Disease lecture.

2012 Mass College of Pharmacy, Obesity Lecture.

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 Nutraceuticals.

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

Clinical and Population Health Program, Adjunct Faculty.

2013-2014 Nutritional Epidemiology.

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;
- 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, Diabetes, and The Department of Medicine:

2012-2013 *Student Designed: Applied Nutrition* for third year medical students as a part of the flexible clinical experience (FCE) program.

2012 Diabetes Day, Worcester Centrum. Nutrition and Blood Sugar Control.

1998-2012 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.

2011-2012 Primary Care Residents lectures, delivered monthly. Motivational Interviewing of Diet and Physical Activity (with Dr. Kristin Schneider)

2011-2012 Diabetes Collaborative: cooking classes and nutrition lectures delivered quarterly to patients with uncontrolled diabetes.

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:

- 2012-Present Student electives, highlighting clinical, community and research nutrition, 1-2 week rotations.
- 2011 Endocrinology Core Curriculum Conference, Nutritional intervention in patients with T2DM, obesity and hyperlipidemia.
- 2002-Present The Dream Team Medical Residency. Rotations through Cardiovascular Nutrition, ~3-4 residents per month in 2010-2012. 4th 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 2nd 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 1st and 2nd year Medical Students. Heart Healthy Luncheon. In conjunction with the course on cardiovascular medicine.

Medical Student Interns

- 2014 Capstone Medical Nutrition Projects (3 years duration): Reuth Nir and Kara Lindquist (project: medical nutrition education), Zach Solomon (project: cooking for IBD).
- 2013-214 Rachel Erdil, Anne Bernard. IBD-AID, clinical and community nutrition. NIH Fellowship
- 2006 Deanna Erb: "Behavioral Strategies for Lifestyle Change in physical activity and nutrition in Latinos".

Dietetic Internship Preceptor

- 2007-Present University of Massachusetts, Amherst dietetic internship program Presentation to interns on "clinical nutrition and disease".
- 1998-2014 UMass Amherst, Sodexo 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

- 2002-2014 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
Kathryn Post-Brodowski, MD, the IBD-AID study.

Post-Doctoral Mentor

2012-2014 Nicole Wedick, ScD.

Pre Doctoral Mentor

2013-2014 Gioia Persuitte, MA. Quantitative Health Sciences Program

Medical Residents with Extended Rotations in Nutrition

2006-2011 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. Jennifer Bradford, MD. Meegan Remillard, 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.

2013 Kathryn Post-Brodowski MD, MPH candidate. The IBD-AID and Enose study.

2014 Toni Fiori, dietetic intern. UMass Amherst.

2015 Anne Barnard, MD, Senior Scholar's Project, UMass Medical School.

Community Education Presentations

2014 Balancing the Microbiome through Diet.

2013 Women in Government Symposium, Boston MA: "Diabetes and Obesity: understanding implications for policy".

2013 Family Medicine Grand Rounds, "Guts and Bolts of IBD".

2013 Cardio Fellows: Diabetes management in cardiovascular patients

2013 Leominster ICD group; "Guts and Bolts of Heart Healthy Eating"

2012 2nd year Medical Students Nutrition AIG : Nutrition and Disease

2012 Mayo Clinic Grand Rounds, Jacksonville, Fl. "Statins and Diabetes Risk in the WHI."

- 2012-2013 Colorectal Cancer Symposium, “What to Eat if it Isn’t Meat”.
- 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 of Applied Nutrition Website. Available at:

<http://www.umassmed.edu/nutrition> Continued development of clinical and patient nutrition handouts. This includes an extensive cookbook for IBD, and cardiovascular concerns, such as: nutritional treatment of inflammatory bowel disease, 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. Tiffany A Moore Simas, Silvia Corvera, Mary M Lee, NingNing Zhang, Katherine Leung, Barbara Olendzki, Bruce Barton and Milagros Rosal Title : Understanding Multifactorial Influences on the Continuum of Maternal Weight Trajectories in Pregnancy and Early Postpartum: Study Protocol, and Participant Baseline Characteristics. *BMC Pregnancy Childbirth*. 2015 Mar 28;15:71. doi: 10.1186/s12884-015-0490-7.PMID:25885002
2. Ma Y, Olendzki B, Wang J, Persuitt G, Li W, Fang H, Merriam P, Wedick N, Ockene I, Culver A, Schneider K, Olendzki G, Carmody J, Ge T, Zhang Z, Pagoto S. Single-Component Versus Multicomponent Dietary Goals for the Metabolic Syndrome: A Randomized Trial Comparison of High-Fiber and AHA Diets. *Ann Intern Med*. 2015 Feb 17;162(4):248-57. doi: 10.7326/M14-0611. PMID: 5686165
3. Olendzki B, Procter-Grey E, Wedick N, Patil V, Zheng H, Kane K, Land T, Li W. Disparities in Access to Healthy and Unhealthy Foods in Central Massachusetts: Implications for Public Health Policy. *J Am Coll Nutr*. 2015 Mar-Apr;34(2):150-8. doi: 10.1080/07315724.2014.917058. Epub 2015 Mar 9. PMID:25751264
4. Wedick NM, Ma Y, Olendzki BC, Procter-Gray E, Cheng J, Kane KJ, Ockene IS, Pagoto SL, Land TG, Li W. Access to Healthy Food Stores Modifies Effect of a Dietary Intervention. *Am J Prev Med*. 2015 Mar;48(3):309-17. doi: 10.1016/j.amepre.2014.08.020. Epub 2014 Oct 7.PMID:25300734
5. Wang ML, Druker S, Gapinski MA, Gellar L, Schneider K, Osganian S, Olendzki B, Pbert L. The Role of Social Support vs. Modeling on Adolescents' Diet and

- Physical Activity: Findings from a School-based Weight Management Trial.
Journal of Child and Adolescent Behavior. In press
6. Qiao Y, Tinker L, Olendzki B, Hebert J, Balasamian R, Rosal M, Hingle M, Song Y, Schneider K, Liu S, Sims S, Ockene J, Sepavich D, Shikany J, Persuitte G, Ma Y. Racial/Ethnic disparities in association between dietary quality and incident diabetes in postmenopausal women in the United States: The Women's Health Initiative 1993-2005. *Ethn Health*. 2014 Jun;19(3):328-47. doi: 10.1080/13557858.2013.797322. PubMed Central PMCID: PMC3883944.
 7. Olendzki B, Silverstein T, Persuitte G, Ma Y, Baldwin K, Cave D. An Anti-Inflammatory Diet as Treatment for Inflammatory Bowel Disease: A Case Series. *Nutr J*. 2014 Jan 16;13(1):5. doi: 10.1186/1475-2891-13-5. PMID: 24428901
 8. Whited M, Schneider K, Applehans B, Ma Y, Waring M, DeBiasse, M, Busch A, Oleski J, Merriam P, Olendzki B, Crawford S, Ockene I, Lemon S, Pagoto S. Severity of depressive symptoms and accuracy of dietary reporting among depressed women seeking weight loss treatment in press; *J Acad Nutr Diet*; *PLoS One*. 2014 Feb 28;9(2):e90361. doi: 10.1371/journal.pone.0090361. eCollection 2014. PubMed PMID: 24587338; PubMed Central PMCID: PMC3938682.
 9. Wang J, Olendzki BC, Wedick NM, Persuitte GM, Culver AL, Li W, Merriam PA, Carmody J, Fang H, Zhang Z, Olendzki GF, Zheng L, Ma Y. Challenges in sodium intake reduction and meal consumption patterns among participants with metabolic syndrome in a dietary trial *Nutr J*. 2013 Dec 18;12:163. doi: 10.1186/1475-2891-12-163. PMID: 24345027
 10. Wang J, Persuitte G, Olendzki B, Wedick N, Zhang Z, Merriam P, Fang H, Carmody J, Olendzki G, Ma Y. Dietary magnesium intake improves insulin resistance among non-diabetic individuals with metabolic syndrome participating in a dietary trial. *Nutrients*. 2013 Sep 27;5(10):3910-3919. PMID: 24084051
 11. Ma Y, Hébert JR, Balasubramanian R, Wedick NM, Howard BV, Rosal MC, Liu S, Bird CE, Olendzki BC, Ockene JK, Wactawski-Wende J, Phillips LS, Lamonte MJ, Schneider KL, Garcia L, Ockene IS, Merriam PA, Sepavich DM, Mackey RH, Johnson KC, Manson JE. All-Cause, Cardiovascular, and Cancer Mortality Rates in Postmenopausal White, Black, Hispanic, and Asian Women With and Without Diabetes in the United States: The Women's Health Initiative, 1993-2009. *Am J Epidemiol*. 2013 Nov 15;178(10):1533-41. doi: 10.1093/aje/kwt177. Epub 2013 Sep 17. PMID: 24045960
 12. Kaplan N, Olendzki B. Low Sodium Diets. In: *UpToDate*, Rind, D (ed). UpToDate, Wellesley, MA, updated 2013.
 13. Ma Y, Balasubramanian R, Pagoto SL, Schneider KL, Hebert JR, Phillips LS, Goveas JS, Culver AL, Olendzki BC, Beck J, Smoller JW, Sepavich DM, Ockene JK, Uebelacker L, Zorn M, Liu S. Relations of Depressive Symptoms and Antidepressant Use to Body Mass Index and Selected Biomarkers for Diabetes and Cardiovascular Disease. *Am J Public Health*. 2013 Aug;103(8):e34-e43. Epub 2013 June 13. PMID: 23763394.
 14. Wang ML, Lemon SC, Olendzki B, Rosal MC. Beverage Consumption Patterns and Associations with Metabolic Risk Factors among Low-Income Latinos with Uncontrolled Type 2 Diabetes. *J Acad Nutr Diet*. 2013 Aug 30. PMID: 23999278

15. Pagoto S, Schneider K, Whited M, Oleski J, Merriam P, Appelhans B, Ma Y, Olendzki B, Waring M, Busch A, Lemon S, Ockene I, Crawford S. Randomized controlled trial of behavioral treatment for comorbid obesity and depression in women: the Be Active Trial. *Int J Obes (Lond)*. 2013 Mar 5. doi: 10.1038/ijo.2013.25. [Epub ahead of print] PMID: 23459323
16. Ma Y, Culver A, Rousseau J, Olendzki B, Merriam P, Lian W, Ockene I. Statin therapy and the risk for diabetes among adult women: do the benefits outweigh the risk? *Ther Adv Cardiovasc Dis*. 2013 Feb;7(1):41-4. doi: 0.1177/1753944712468499. Epub 2012 Dec 13. PMID:23238515
17. Ma Y, Hébert JR, Manson JE, Balasubramanian R, Liu S, Lamonte MJ, Bird CE, Ockene JK, Qiao Y, Olendzki B, Schneider KL, Rosal MC, Sepavich DM, Wactawski-Wende J, Stefanick ML, Phillips LS, Ockene IS, Kaplan RC, Sarto GE, Garcia L, Howard BV. Determinants of Racial/Ethnic Disparities in Incidence of Diabetes in Postmenopausal Women in the U.S. The Women's Health Initiative 1993-2009. *Diabetes Care*. 2012 Jul 25. PMID: 22833490
18. Appelhans BM, Whited MC, Schneider KL, Ma Y, Oleski JL, Merriam PA, Waring ME, **Olendzki BC**, Mann DM, Ockene IS, Pagoto SL. Depression severity, diet quality, and physical activity in women with obesity and depression. *J Acad Nutr Diet*. 2012 May;112(5):693-8. doi: 10.1016/j.jand.2012.02.006. Epub 2012 Apr 25. PMID: 22709773
19. Carmody J, Olendzki B, Merriam P, Liu Q, Qiao Y, Ma Y. A Novel Measure of Change in a Prostate Cancer Dietary Program Incorporating Mindfulness. *J Acad Nutr Diet*. 2012 Nov;112(11):1822-7. doi: 10.1016/j.jand.2012.06.008. Epub 2012 Jul 31. PMID: 22853988.
20. Schneider K, Ferrara J, Lance B, Karetas A, Druker, S, Panza E, Olendzki B, Andersen V, Pbert L. Acceptability of an Online Health Videogame to Improve Diet and Physical Activity in Elementary School Students: "Fitter Critters"; Games for Health Journal. August 2012, 1(4): 262-268.
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23. Ockene IS, Tellez T, Rosal M, Reed G, Mordes J, Merriam P, Olendzki B, Handelman G, Nicolosi R, and Ma Y. A Latino community-based intervention for the prevention of diabetes: The Lawrence Latino Diabetes Prevention Project. *American Journal of Public Health*, February 2012, Vol. 102, No. 2, pp. 336-342.
24. 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, Hébert J. Elevated Depressive Symptoms, Antidepressant Use, and Diabetes in a Large Multiethnic National Sample of Postmenopausal Women. *Diabetes Care*. 2011 Sep 12. [Epub ahead of print] PMID: 21911776.
25. Olendzki B, Leung K, Van Buskirk S, Reed G, Zurier R. Treatment of Rheumatoid Arthritis with Marine and Botanical Oils: Influence on Serum Lipids. *Evid Based Complement Alternat Med*. 2011;2011:827286. Epub 2011 Oct 9. PMID:22007257

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27. 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.
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29. Olendzki B, Speed C. Medical Nutrition Assessment. In: *UpToDate, Rind, D (ed). UpToDate, Wellesley, MA, updated 2005-2014.*
30. 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.
31. 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]
32. 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.
33. 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.
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35. 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.
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42. Ma Y, Hébert J, Li W, Bertone-Johnson E, Olendzki B, Pagoto S, Tinker L, Rosal M, Ockene I, Ockene J, Griffith J, and Liu S. Association between dietary fiber and inflammatory markers in an ethnically diverse cohort of postmenopausal women. *Nutrition*, June 2008.
43. Carmody J, Olendzki B, Reed G, Andersen V, Rosenzweig P. A Dietary Intervention for Recurrent Prostate Cancer After Definitive Primary Treatment: Results of a Randomized Pilot Trial. *Urology*. 2008 Apr 7. PMID:18400281
44. Griffith J, Ma Y, Chasan-Taber L, Olendzki B, Chiriboga D, Stanek E, Merriam P, Ockene I. Association between dietary glycemic index, glycemic load, and high-sensitivity C - reactive protein. *Nutrition*, 2008 May; 24(5):401-6.
45. Olendzki B, Ma Y, Hebert J, Rosal M, Pagoto S, Merriam P, Ockene I. Underreporting of energy intake and associated factors in a Latino population at risk of developing type 2 diabetes. *J Am Diet Assoc*, 2008 Jun;108(6):1003-8. PMID:18502234
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47. Ma Y, Olendzki B, Merriam PA, Chiriboga D, Culver A, Li W, Hebert JR, Ockene IS, Griffith JA, Pagoto SL. A Randomized Clinical Trial Comparing Low-Glycemic Load versus ADA Dietary Education among Individuals with Type 2 Diabetes. *Nutrition*, vol. 24, no. 1, pp. 45-56, January 2008.
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- multiple 24-hour diet recalls and a seven-day dietary recall. *J Am Diet Assoc*, 1999;99:1433-1439
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Abstracts and Presentations

1. Wang ML, Druker S, Gapinski MA, Gellar L, Schneider K, Osganian S, Olendzki B, Pbert L. Social Support and Modeling: Correlates of Diet and Physical Activity among Adolescents Participating in Weight Management Trial. *SBM*, 2014.
2. Olendzki B, Land T, Kane K, Svencer S, Chen L, Zheng, H, Patil V, Li W. Assessing availability of healthy options in food stores to guide community transformation grant activities in Massachusetts. *UMass Annual Clinical Translational Conference*, May 2013.
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4. Li Wenjun, Olendzki B, Churchill L, Wedick N, Hayes R, Duckham R, Kane K, Patil V, Ockene J. Field testing a food purchasing survey: progress from the residential environment and coronary heart disease risk factors (REACH) pilot study. *UMass Annual Clinical Translational Conference*, May 2013.
5. Olendzki B, Qiao Y, Ockene I, Pursuitte G, Schneider K, Merriam P, Pagoto S, Ma Y. Comparison of Estimated Pre-Diabetes Risk among Individuals with Metabolic Syndrome: Hemoglobin A1c versus HOMA-IR. *American Diabetes Association Annual Conference, Diabetes Care*, (Supplement) June 2012.
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10. Olendzki B, Silverstein T, Pursuitte G, Baldwin K, Ma Y, Cave D. "An Anti-Inflammatory Diet for Inflammatory Bowel Disease; the IBD-AID", presented at the

- 2011 Advances in Inflammatory Bowel Diseases Crohn's and Colitis Foundation's Clinical and Research Conference, December 2011.
11. 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.
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 13. Rosal MC, Lemon SC, Olendzki B. Beverage consumption among low-income Latinos with type 2 diabetes. (Poster) The American Diabetes Association (ADA) 70th Scientific Sessions, Orlando, FL, June 2010.
 14. Schneider K, 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.
 15. 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
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 17. Olendzki B, Clifford L, Lemon S, Rosal M. Development of an Intervention Tool to Facilitate Food Choice and Self-monitoring Among Low-income Women. Massachusetts Dietetic Association Conference, 2009.
 18. 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
 19. 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.
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Books

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

Academy of Nutrition and Dietetics
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.