

Curriculum vita
CARA L. ECKHARDT
Updated 12/2/2014

EDUCATION

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| 2005-2006 | Post-doctoral fellowship, International Food Policy Research Institute |
| 2004 | PhD, Nutrition with Epidemiology minor, University of North Carolina at Chapel Hill |
| 1999 | MPH, Department of Global Health, Rollins School of Public Health, Emory University |
| 1995 | BA, Anthropology, Cornell University |

DISSERTATION

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| 2004 | <i>Linear Growth in the Post-Infancy Period: Patterns and Predictors in a Filipino Population.</i> Linda Adair, PhD, Chair. |
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MASTER'S THESIS

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| 1999 | <i>Infant Feeding Practices and Growth Outcomes at 6 and 20 Months of Age Among Mexican Children.</i> Reynaldo Martorell, PhD, Chair. |
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EMPLOYMENT & INTERNSHIPS

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| 2009-current | Assistant Professor, School of Community Health, College of Urban and Public Affairs, Portland State University |
| 2012-current | Affiliate Clinical Investigator, Kaiser Permanente Ctr. for Health Research, Portland, OR |
| 2000 | Intern, World Health Organization, Geneva, Switzerland |
| 1999 | Research Assistant, Health Works for Women Project, Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill |
| 1998-199 | Research Assistant to Dr. Reynaldo Martorell, Department of Global Health, Rollins School of Public Health, Emory University |
| 1996 | Public Health Field Intern, District Hospital, Villa Montes, Bolivia |

REFEREED PUBLICATIONS

Eckhardt CL, Eng H, Wisner K. Defining Rapid Weight Gain to predict childhood obesity. *Annals of Human Biology (In Press)*.

Eckhardt CL, Gernand A, Roth D, Bodnar LM. Maternal vitamin D status in pregnancy is associated with differences at birth in infant length and head circumference that persist over the first year of life, while differences in infant weight and BMI resolve. *The Annals of Human Biology* 2014 Sep 30:1-8. [Epub ahead of print].

Diesel JC, **Eckhardt CL**, Day NL, Brooks MM, Arslanian SA, Bodnar LM. Is gestational weight gain associated with offspring obesity at 36 months? *Pediatric Obesity* 2014 Sep 30.doi:10.1111/ijpo.262. [Epub ahead of print].

Eckhardt CL, Lutz T, Karanja N, Jobe JB, Maupome G, Ritenbaugh C. Infant Feeding Survey Suggests Need for Increased Social Support and Healthy Feeding Knowledge Among Northwest American Indian Mothers. *Journal of the Academy of Nutrition and Dietetics* 2014;114(10):1587-1593.

Vesco KV, Karanja N, King NC, Gillman MW, Leo MC, Perrin N, McEvoy CT, **Eckhardt CL**, Smith KS, Stevens VJ. Efficacy of an intervention for limiting weight gain and improving pregnancy outcomes in obese women: a randomized controlled trial. *Obesity (Silver Spring)* 2014;22(9):1989-1996.

Wisner KL, Wisniewski SR, **Eckhardt CL**, Luther JF, Eng HF, Bogen DL. Response to Grzeskowiak and Morrison. *American Journal of Psychiatry* 2013;170(11):1364-5.

Vesco KK, Karanja N, King KC, Gillman MW, Perrin N, McEvoy C, **Eckhardt C**, Smith S, Stevens VJ. Healthy Moms, a randomized trial to promote and evaluate weight maintenance among obese pregnant women: study design and rationale. *Contemporary Clinical Trials* 2012;33(4):777-785.

Eckhardt CL, Torheim LE, Monterrubio E, Barquera S, Ruel MT. The overlap of overweight and anaemia among women in three countries undergoing the nutrition transition. *European Journal of Clinical Nutrition* 2008;62(2):238-246. Erratum in: *European Journal of Clinical Nutrition* 2008;62(2):302.

Eckhardt CL, Suchindran C, Gordon-Larsen P, Adair LS. The association between diet and height in the post infancy period changes with age and socioeconomic status in Filipino youths. *Journal of Nutrition* 2005;135(9):2192-2198.

Eckhardt CL, Gordon-Larsen P, Adair LS. Growth patterns of Filipino children indicate potential compensatory growth. *Annals of Human Biology* 2005;32(1):3-14.

Eckhardt CL, Adair LS, Caballero B, Kon IY, Wang J, Avila J, Popkin BM. Estimating body fat from anthropometry and isotopic dilution: a four-country comparison. *Obesity Research* 2003;11(12):1553-1562.

Eckhardt CL, Adair LS. Differences in stunting prevalences calculated from two similar growth references may be large and inconsistent in undernourished children. *Annals of Human Biology* 2002;29(5):566-578.

Eckhardt CL, Rivera J, Adair LS, Martorell R. Full breastfeeding for at least four months of life has differential effects on growth before and after six months of age among children in a Mexican community. *Journal of Nutrition* 2001;131:2304-2309.

OTHER PUBLICATIONS

Eckhardt CL. Micronutrient malnutrition, obesity and chronic disease in countries undergoing the nutrition transition: links and policy implications. International Food Policy Research Institute, *Food Consumption and Nutrition Division Discussion Paper Series #213*, December 2006.

Hawkes C, **Eckhardt CL**, Ruel M, Minot N. Diet quality, poverty and food policy: a new research agenda for obesity prevention in developing countries. *SCN News* 2004-2005;29:20-22

PRESENTATIONS AT PROFESSIONAL MEETINGS

Izumi B, **Eckhardt CL**, Herro KL. (2014) Harvest for Healthy Kids: Impact of a farm-to-preschool pilot study on recognition of and attitudes towards fruits and vegetables among children enrolled in Head Start. Poster to be presented at the annual American Public Health Association (APHA) meeting, New Orleans, LA.

Eckhardt CL, Vesco KK, Karanja N, Leo MC, Smith KS, Stevens VJ. (2014). Breastfeeding outcomes among participants in the Healthy Moms study, a randomized trial to limit gestational weight gain among obese women. Poster presentation at the Society of Pediatric and Perinatal Epidemiologic Research (SPER) meeting, Seattle, WA.

Eckhardt CL, Eng H, Wisner KL. (2014). Prevalence of infant rapid weight gain differs significantly depending on growth reference and age interval used for evaluation. Poster presentation at the Society of Pediatric and Perinatal Epidemiologic Research (SPER) meeting, Seattle, WA.

Eckhardt CL, Gernand AD, Roth DE, Bodnar LM. (2014). Maternal vitamin D status during pregnancy is associated with infant anthropometry during the first year of life. Oral Presentation at the annual Experimental Biology meeting, San Diego, CA.

Diesel JC, **Eckhardt CL**, Day NL, Brooks MM, Arslanian SA, Bodnar LM. (2013). Gestational weight gain and early childhood weight gain and obesity. Oral presentation at the Society for Pediatric and Perinatal Epidemiologic Research (SPER) meeting, Boston, MA.

Vesco KK, Leo MC, Gillman MW, King JC, McEvoy C, Karanja N, Perrin N, **Eckhardt C**, Smith KS, Stevens VJ. (2013). Impact of a weight management intervention on pregnancy outcomes among obese women: The Healthy Moms Trial. Oral presentation at the annual Society for Maternal Fetal Medicine meeting, San Francisco, CA.

Vesco KK, Leo MC, Gillman MW, King JC, McEvoy CT, Karanja N, Perrin NA, **Eckhardt C**, Smith KS, Stevens VJ. (2013). The impact of a weight management intervention conducted during pregnancy on one-year maternal and newborn weight: The Healthy Moms Trial. Oral presentation at the Obesity Society annual meeting, Atlanta, GA.

Izumi BT, Hoffman J, **Eckhardt C**, Hallman J, Barberis D, Lee-Barrios L. (2013). Harvest for Healthy Kids: What Factors Influence Implementation of Farm-to-Preschool in Head Start Classrooms? Poster presentation at the Society for Nutrition Education and Behavior meeting, Portland, OR.

Vesco KK, Karanja N, King JC, Gillman MW, Perrin N, Leo MC, McEvoy C, **Eckhardt C**, Smith KS, Stevens VJ. (2012). Preliminary outcome data for a weight management program designed to help obese women minimize weight gain during pregnancy: the Healthy Moms trial. Oral presentation at The Obesity Society annual meeting, San Antonio, TX.

Eckhardt CL, Lutz T, Karanja N, Smith NH, Aickin M, Ritenbaugh C. (2011). The Growth Curves of Northwest American Indian Children Indicate Early Rapid Weight Gain, a Risk Factor for Later Obesity. Oral presentation at the annual Experimental Biology meeting, Washington, DC.

Eckhardt CL, Torheim LE, Monterrubio E, Barquera S, Ruel M. (2006). Overweight and obese women remain at risk for anemia in countries undergoing the nutrition transition. Oral presentation, at the annual Experimental Biology meeting, San Francisco, CA.

Eckhardt CL. (2005). The economic determinants of fruit and vegetable consumption. Oral presentation at the 1st Pan American Congress Promoting the Consumption of Fruits and Vegetables, Guadalajara, Mexico.

Eckhardt CL, Suchindran C, Gordon-Larsen P, Adair LS. (2005). The relationship between diet and height is enhanced at low SES and decreases with age among Filipinos in the post-infancy period. Poster presentation at the annual Experimental Biology meeting, San Diego, CA.

Eckhardt CL, Adair LS. (2004). Improvements in linear growth can occur after 2 years of age: growth patterns from a Filipino population. Poster presentation at the annual Experimental Biology meeting, Washington, DC.

Eckhardt CL, Adair LS, Caballero B, Popkin B. (2002). The ability of anthropometric measures to predict body fat estimated from deuterium dilution differs among Filipino, Chinese, Russian and South African youths. Poster presentation at the annual Experimental Biology meeting, New Orleans, LA.

Eckhardt CL, Adair LS. (2001). Small differences between the original and revised NCHS growth references result in large differences in estimates of stunting in a poorly nourished Filipino population. Poster presentation at the annual Experimental Biology meeting, Orlando, FL.

Eckhardt CL, Rivera J, Adair LS, Martorell R. (2000). Infant feeding practices and incremental growth during the first 20 months of life in a Mexican community. Poster presentation at the annual Experimental Biology meeting, San Diego CA.

HONORS, GRANTS and FELLOWSHIPS

External Funding

2014-2016 **Eckhardt CL (PI)**. Defining Infant Rapid Weight Gain to Best Predict Childhood Obesity National Institute of Child Health and Development (NIH/NICHD), R03 HD07584101A1 (**\$164,952**).

2013-2017 Bodnar LM and Hutcheon J (Co-PIs), **Eckhardt CL** (Co-I). Informing Evidence-based Maternal Weight Gain Guidelines for Twin Pregnancies. National Institute of Nursing Research (NIH/NINR) R01 NR014245 (**\$1,875,063**).

2009-2015 Izumi B (PI), **Eckhardt CL** (Co-I). Harvest for Healthy Kids: Oregon farm-to-childcare for infants and toddlers. Meyer Memorial Trust Grant. (**\$110,026**).

- 2012-2013 Izumi B (PI, **Eckhardt CL** (Co-I). Farm-to-Head Start: Increasing Children’s Access to Regionally Grown Fruits & Vegetables, Kaiser Permanente Healthy Food Access Grant **(\$58,784)**.
- 2010-2012 **Eckhardt CL** (PI) The Impact of Limiting Pregnancy Weight Gain Among Obese Mothers on Breastfeeding and Infant Growth, National Institute of Child Health and Development (NIH/NICHD) Administrative Supplement Grant under PA-08-191 to Parent Grant R01 HD058061 (Weight Management for Improved Pregnancy Outcomes. Stevens VJ, PI). **(\$197,483 total for the Administrative Supplement Grant)**.

Internal Funding

- 2012-2013 **Eckhardt CL** (PI) Evaluating Rapid Weight Gain, A Growth Pattern Associated with Increased Obesity Risk, PSU Faculty Enhancement Grant (\$15,000).
- 2010-2011 **Eckhardt CL** (PI) The Impact of Obesity and Weight Gain in Pregnancy on Breastfeeding and Infant Growth, PSU Faculty Enhancement Grant (\$7,834).
- 2011 **Eckhardt CL**, PSU Travel Grant to fund travel and present at the annual Experimental Biology conference in Washington, DC (\$1,100)

HONORS AND AWARDS

- 2011-2014 Outstanding Teacher of the Year nominee for three years running
In 2011-12, 2012-13 & 2013-14, among the top 10 nominees (nominated by students) among all the tenured, tenure-track and instructor faculty in the College of Urban Planning and Administration (housing three schools: Government, Urban Planning and Public Administration, and Community Health)
- 2012 Awarded a merit-based pay increase, School of Community Health, PSU
- 2003-2004 University of North Carolina at Chapel Hill, Dissertation Completion Fellowship
Competitive fellowship covering tuition and living stipend
- 2002 University of North Carolina at Chapel Hill, Institute of Nutrition Fellowship
\$1,500 award for dissertation proposal entitled, *Reduction of linear growth retardation after two years of age: New perspectives on the catch-up growth controversy in a Filipino population.*
- 2001-2002 National Research Service Award from NICHD
Competitive fellowship covering one year of full tuition and living stipend awarded through the Carolina Population Center at UNC-Chapel Hill
- 2001 American Society of Nutritional Sciences NABISCO Predoctoral Fellowship
National competitive award (\$5,000) for a research proposal entitled, *“Predictors and growth consequences of long-term dietary risk patterns in a cohort of Filipino adolescents.”*

1999-2003 Joseph E. Pogue Predoctoral Fellowship, University of North Carolina at Chapel Hill University-wide competitive award providing three full years of tuition and stipend to support doctoral studies at UNC-Chapel Hill. Years used: 1999-2001 & 2002-2003.

OTHER TEACHING, MENTORING AND CURRICULAR ACHIEVEMENTS

Teaching Experience

2009-current Epidemiology (PHE 450), Professor and creator of current curriculum used in all sections (including those taught by the other tenure-track professor of this course), School of Community Health, Portland State University

2009-current Global Health (PHE 444U), Professor and creator of original curriculum, School of Community Health, Portland State University

2013 & 2014 Scientific Poster Presentation (a lecture to guide MPH students in preparing research posters for presentation), Portland State University

2011 & 2012 Our Community, Our Health (PHE 250), Guest Lecturer, School of Community Health, Portland State University

2011 Bridges to Baccalaureate, NIH-funded program to help minority students transition from community college to Portland State University, Guest Lecturer

2010 & 2011 Global Aging and Health: Enhancing Communities in Nicaragua, PSU Senior Capstone Service Learning Course, Guest Lecturer, Portland State University

2006 Foundations in Maternal and Child Health (PubH370) Guest Lecturer, George Washington University

2005 Advanced Maternal and Child Health (PubH267) Guest Lecturer, George Washington University

2001 Nutrition of Children and Mothers (Nutr 111), Graduate Teaching Assistant, University of North Carolina-Chapel Hill

Doctoral Committees

Committee member for Jill Diesel, doctoral student in Epidemiology at the University of Pittsburgh, Dissertation title, *Gestational Weight Gain and the Association with Offspring Growth and Obesity*, Successfully defended in April 2014.

Advising

Advisor (including Oral Comprehensive Exam Chair when exam is reached) to 17 MPH Students, 2009-Current

Mentorship

Advisor, Undergraduate Honors Thesis for student, Natassja Pal. Senior thesis title, *Brain Death and the Theory of Somatic Integration*, 2011

Faculty Sponsor, MPH Student Symposium 2012, Student poster entitled, Youth Empowerment Through Health Education: Program Evaluation Plan. Atalla-Mei A, Beihl M, Dreves K, Franson L, Peden A, Smith S.

Mentor/Supervisor to four Graduate Research Assistants from the Oregon Master of Public Health Program since my hire in 2009.

OTHER COMMUNITY OUTREACH ACHIEVEMENTS

2012-current Board Member, Western Regional International Health Conference

2011 Jessie F. Richardson Foundation Faculty Forum participant

SCHOLARLY WORKS IN PROGRESS

Manuscripts Under Review

Izumi B, **Eckhardt CL**. Harvest for Healthy Kids: A Pilot Study. *Journal of the Academy of Nutrition and Dietetics* (Under review).

Diesel JC, **Eckhardt CL**, Day NL, Brooks MM, Arslanian SA, Bodnar LM. Gestational weight gain and offspring longitudinal growth in early childhood. *Annals of Nutrition and Metabolism* (Under review).

Diesel JC, **Eckhardt CL**, Day NL, Brooks MM, Arslanian SA, Bodnar LM. Gestational weight gain and the risk of offspring obesity at 10 and 16 years: a prospective cohort study in low-income women. *BJOG: An International Journal of Obstetrics and Gynaecology* (Under review).

Izumi B, **Eckhardt CL**, Hallman J, Barberis D, Stott B. Harvest for Healthy Kids: Usage of a nutrition intervention by Head Start Teachers. *NHSA (National Head Start Association) Dialog, a Research-to-Practice Journal for the Early Childhood Field* (Under review upon imminent submission in first week of October 2014).

Manuscripts in Preparation (to be submitted during the 2014-2015 academic year)

Eckhardt CL, Vesco K, Karanja N, Stevens V. Infant feeding practices among women enrolled in the Healthy Moms Study: a randomized trial to limit gestational weight gain. In preparation for the *Journal of the Academy of Nutrition and Dietetics*.

Eckhardt CL, Vesco K, Karanja N, Stevens V. Breastfeeding attitudes among women enrolled in the Healthy Moms Study: a randomized trial to limit gestational weight gain. In preparation for the *Journal of the Academy of Nutrition and Dietetics*.

Grimes C, Lutz T, **Eckhardt CL**, Karanja N. A Qualitative Study of Knowledge, Attitudes, and Beliefs Surrounding Infant/Early Childhood Feeding Practices and Physical Activity in Northwest American Indian Communities. In preparation for *Journal TBD*.

Eckhardt CL, Vesco K, Karanja N, Leo M, Stevens V. Infant growth trajectories among offspring of women enrolled in the Healthy Moms Study: a randomized trial to limit gestational weight gain. In preparation for *Journal TBD*.

SIGNIFICANT PROFESSIONAL DEVELOPMENT ACTIVITIES

Eckhardt CL (expert consultant) in the 2014-2015 academic year for a project entitled, *Spatial Presentation Technology: Developing a Roadmap for Teaching Epidemiology*. Innovation in Teaching Award, Project Leader, Dr. Katherine Bauer, College of Health Professions and Social Work, Temple University.

GOVERNANCE AND OTHER PROFESSIONALLY RELATED SERVICE

PSU Student Food Insecurity Steering Committee, 2014-current

PSU/OHSU School of Public Health Preparation, Undergraduate Affinity Group, 2013-current

Graduate Curriculum Committee Academic year 2013-current

Council on Education for Public Health (CEPH) Accreditation Committee, 2012-2013

PSU Doctoral Curriculum Committee, PSU School of Community Health, 2011-2013

MPH Application Review Committee, PSU School of Community Health, 2012

PSU School of Community Health Search Committee for open tenure-track faculty position, 2011-2012

PSU Health Scholarships and Laurels Graduate Award Committees, 2011-2013

Oregon Master of Public Health Program Student Symposium Abstract Committee, 2010 & 2011

Oregon Master of Public Health Program Student Symposium Poster Judge, 2010

MPH Curriculum Committee, PSU School of Community Health, 2009-2010

PROFESSIONALLY-RELATED SERVICE

Grant reviewer for the Albert Einstein College of Medicine Global Health Center, 2009

Approximately 15 manuscripts reviewed for peer-reviewed journals in my field, including: *Economics and Human Biology*, *Clinical Nutrition*, *Journal of Health Care for the Poor and Underserved*, and *Maternal and Child Nutrition*

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

American Society for Nutrition (ASN), member

Society for Epidemiologic Research (SER), member

Society for Pediatric and Perinatal Epidemiologic Research (SPER), member

International Society for the Developmental Origins of Health and Disease (DOHaD), member