**Sarah Colby**, **Ph.D., R.D.**

Department of Nutrition/College of Education, Health and Human Sciences

The University of Tennessee/229 Jessie Harris Bldg.

Knoxville, Tennessee 37996-1920

865-974-6248/scolby1@utk.edu

***I am a behavioral researcher with a focus on health communication through novel nutrition education strategies (including marketing, arts and technology).***

**EDUCATION**

**New World School of the Arts** *Miami, FL*

A.A., Theater 1991-1993

**Florida State University** *Tallahassee, FL*

B.S., Nutrition & Food Science 1993–1995

**Western Carolina University** *Cullowhee, NC*

M.H.S., Nutrition 1996–1998

**University of North Carolina at Greensboro** *Greensboro, NC*

Ph.D., Nutrition 2002- 2005

**ACADEMIC/TEACHING EXPERIENCE**

**Adjunct Professor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1998–2002 Western Carolina University, *Cullowhee, NC*

**Adjunct Professor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summer 2003 University of North Carolina at Greensboro, *Greensboro, NC*

**Assistant Professor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2007-2011 East Carolina University, *Greenville, NC*

**Assistant Professor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2011-2015 The University of Tennessee, *Knoxville, TN*

**Associate Professor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2015-Present The University of Tennessee, *Knoxville, TN*

**CLINICAL EXPERIENCE**

**Clinical Nutritionist** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1998- 2000 Indian Health Services, *Cherokee, NC*

**Renal Dietitian** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2001- 2002 Davita- Sylva Dialysis, *Sylva, NC*

**GOVERNMENT RESEARCH EXPERIENCE**

**Nutrition Senior Research Scientist­­­­­­­**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2005- 2007 USDA/ARS, Grand Forks Human Nutrition Research Center,

*Grand Forks, ND*

**UNIVERSITY SERVICE**

**UNIVERSITY of NORTH CAROLINA at GREENSBORO**

* Graduate Student Association President 2003-2005
  + *Committees: Faculty Senate, University Planning, Provost’s Student Advisory, Graduate Studies, Policy and Procedures, Library, Grievance and Student Fee Advisory Committee.*
* Nutrition Graduate Student Association Vice-President 2003- 2005

**EAST CAROLINA UNIVERSITY**

* Search Committee 2007-2008
* Personnel Committee 2009-2010
* MS/DI Selection Committee Spring 2010
* Graduate Student Dietetic Association Faculty Advisor 2008-2011
* Undergraduate Student Dietetic Association Faculty Advisor 2007-2011
* Faculty Senate Alternate 2009-2011
* Faculty Advisory Council 2008-2011
* Undergraduate Curriculum Committee 2007-2011
* Internship Selection Committee 2008-2011
* Unit Scholarship Committee 2007-2011
* ECU Student Scholarships, Fellowships and Financial Aid Committee 2009-2011

**THE UNIVERSITY OF TENNESSEE**

* Departmental Un-Tenured Faculty Committee (Chair) 2014-2015
* Public Health Department Search Committee 2014-2015
* Departmental Public Health Search Committee (Chair) 2014-2015
* College (CEHHS) Marketing and Communications Search Committee 2014-2015
* College (CEHHS) Graduate Council Proxy 2012-2017
* Nutrition Representative on College Senate 2014-2017
* Departmental Website Development Committee 2013-2017
* Dietetic Internship Admissions Selections and Advisory Committee 2011-present
* Faculty Advisor for Graduate Nutrition Student Association 2012-present
* Departmental Communications Committee, Chair 2013-present

**PROFESSIONAL SERVICE**

**SOCIETY FOR NUTRITION EDUCATION**

* ACPP, Food Labeling Subcommittee 2008-2010
* Chair-Elect Public Health Division 2009-2010
* Webinar Organizer/Moderator “Qualitative Research: Focus Groups” with Richard Krueger Spring 2010
* Awards Task Force 2010-2011
* Chair, Public Health Division 2010-2011
* Advisory Committee on Public Policy 2010-2011
* Chair-Elect, Advisory Committee on Public Policy 2011-2012
* Chair, Advisory Committee on Public Policy 2012-2013
* Session Moderator 2008-2013
* Session Organizer, Nutrition Education Standards Listening Session Summer 2013
* Board of Directors, *Ex-Officio* 2012-2013
* Conference Planning Committee 2013-2014
* Abstract Review Committee 2010-2015
* SNEB Conference Mentor 2013-2015
* International Journal Club Organizer 2013-2015
* JNEB Journal Committee 2014-2015
* Board of Directors, Member-at-large 2014-2017
* Co-Chair Abstract Review Committee- 2016-2017
* Board of Trustees, SNEB Foundation- 2019-present

**AMERICAN DIETETIC ASSOCIATION**

* North Carolina Dietetic Association Session Moderator Spring 2009-2010
* North Carolina Dietetic Association/Board member, Nominating Committee 2008-2011, Chair 2009-2010
* American Dietetic Association Task Force on Restaurant Nutrition Labeling Research, appointed by president of the American Dietetic Association 2008
* American Dietetic Association Task Force on Online Certification Program: Restaurant Labeling 2010-2011
* Expert panelist for the Nutrition Education Program Quality Checklist project 2013
* Knoxville Dietetic Association Board, Career Guidance 2012-2015
* Knoxville Dietetic Association Board, Awards and Nominating Chair 2014-2015

**AMERICAN SOCIETY OF NUTRITION**

* Co- Chair Mini-symposium, Experimental Biology, Spring 2008
* Obesity RIS Secretary 2010-2011
* Obesity RIS Secretary 2011-2012
* Obesity RIS Awards Committee Chair 2011-2012
* Chair-Elect, ASN Public Health RIS 2013-2014
* Chair, ASN Public Health RIS 2014-2016
* Public Health RIS, Awards committee 2012-2016
* Public Health RIS, Abstract review committee 2012-2017
* Public Health RIS Steering Committee 2016-2017

**1028 USDA MULTI-STATE RESEARCH TEAM**

* Secretary 2007-2008
* Chair-Elect 2010-2011
* Chair 2011-2012
* Chair Behavioral Subcommittee 2012-2013
* Chair Information and Output Committee 2013-2015
* Program Planning Committee 2014-present

**REVIEWER**

* Journal of Nutrition Education and Behavior
* Health Promotion and Policy
* Maternal and Child Nutrition
* Nutrition Research
* Journal of Immigrant and Minority Health
* Journal of Human Nutrition and Dietetics
* Appetite
* Public Health Nutrition
* Ecology of Food and Nutrition
* Australian & New Zealand Journal of Public Health
* BMC Public Health
* Eating and Weight Disorders Journal
* American Journal of Public Health

**COALITION/INITIATIVES**

* Dakota Diabetes Coalition 2005-2007
* Healthy North Dakota 2005-2007
* Grand Forks Health Coalition, Board of Directors 2005-2007
* Associate Member of the Pediatric Health Weight Research and Treatment Center Team, ECU Brody School of Medicine 2007-2011
* Eat Smart, Move More North Carolina Coalition 2008-2011
* AMEXCAN 2009-2011
* Nuevo South 2010-2011
* East Tennessee Childhood Obesity Coalition 2018-present

**HONORS AND AWARDS**

* Chancellor’s Summer Research Assistantship 2003
* Jefferson Pilot Corporation Scholarship 2003-2004
* Mildred B. Davis Scholarship 2004-2005
* Frances E. Fischer Memorial Scholarship 2004-2005
* Distinguished Research Award, Allied Academies 2005
* “*Peer-led Theater as a Nutrition Education Strategy*” Best GEM 2007
* North Carolina Dietetic Association’s Recognized Young Dietitian of the Year 2008
* East Carolina University, College of Human Ecology, Excellence in Research 2010
* Society for Nutrition Education and Behavior’s Mid-Career Award 2012
* CEHHS Rising Star Award 2014
* Society for Nutrition Education and Behavior’s President’s Award 2015
* The University of Tennessee’s Chancellor’s award for Research and Creative Achievement, 2016
* The University of Tennessee’s Research Spotlight Award, 2019

**INVITED SPEAKER**

1. *“Hunger: Our World, Our Nation, Our Home.”* **University of North Dakota Hunger Banquet-**Grand Forks, ND/November 2005, Keynote Speaker
2. *“Registered Dietitians in Research”* **University of North Dakota-** Grand Forks, ND/February 2006, Invited Speaker
3. *“Targeting Learning Styles: A bridge to effective behavior change.”* **North Dakota Nutrition Council**- Bismarck, ND/March 2006, Invited Speaker
4. *“Traditional Diet and Lifestyles: Perspectives from Mexico.”* **Society for Nutrition Education-** San Francisco, CA/July 2006, Invited Speaker
5. *“From Mexico to Here: Dietary Acculturation.”* **Society for Applied Anthropology-** Tampa, FL/ March 2007, Invited Speaker
6. *“Biochemical Outcomes of Obesity.”* **American Association of Clinical Chemistry***-*San Diego, CA*/* July 2007, Invited Speaker
7. *“Stages of Acculturation”* **Academy of Nutrition and Dietetics’ Food and Nutrition Conference and Expo** - Philadelphia, PA/ September 2007, Invited Speaker
8. *“Outcomes and Perspectives from Qualitative and Quantitative Community Research”* **Grand Forks Human Nutrition Research Center-** Grand Forks, ND/January 2008, Invited Speaker
9. *“Reaching the Latino Community”* **The Georgia Nutrition Council-** Hiwassee, GA/ February 2008, Invited Speaker
10. *“Clinical Outcomes of Obesity from a Laboratory and Behavioral Point of View”* **American Society of Clinical Laboratory Sciences**-Washington, DC/ July 2008, Invited Speaker
11. *“Nutrition Labeling on Restaurant Menus.”* **North Carolina Dietetics Association-** Raleigh, NC/ March 2009, Invited Speaker
12. *“Survey Development Methodology and Issues in Nutrition Research”* **University of Florida-** Gainesville, FL/August 2014, Invited Speaker
13. *“Get Fruved!”* **University of Florida-** Gainesville, FL/August 2014, Invited Speaker
14. *“iCook 4-H: A Program to Promote Culinary Skills & Family Meals for Obesity Prevention”* **South Eastern Conference Symposium**/September 2014, Invited Speaker
15. American Academy of Veterinary Nutrition Symposium, Invited speaker, July 6, 2020
16. Panelist Leveraging the power of nutrition educator competencies Society of Nutrition Education and Behavior. Panelist, Jul 8 2020
17. Innovative and Cost-effective Tech-based Solutions for Program Dissemination & Evaluation. Society of Nutrition Education and Behavior. Invited Speaker, July 22, 2020

**PROFESSIONAL PRESENTATIONS**

1. **Colby S** & Haldeman L.Eating Behaviors and Level of Food Insecurity Among Latino Immigrants in Guilford County, North Carolina. (2003, November) *American Public Health Association 131st Annual Meeting Proceedings,* San Francisco, CA.
2. **Colby S** & Haldeman, L.The Effectiveness of Nutritional Marketing on Product Consumption. (2004, March) *Allied Academies***-**New Orleans, LA.
3. **Colby S** & Haldeman L. Nutrition Education and the Knowledge, Attitudes and Behaviors of Low-Income Latino Caretakers in Guilford County North Carolina. (2004, April) *Journal of the Federation of American Societies for Experimental Biology*, Washington, D.C.
4. Haldeman L & **Colby, S.** Barriers to Healthy Eating Among Low Income, Latinos.(2004, July) *Society for Nutrition Education 37th Annual Meeting Proceedings*, Salt Lake City, UT.
5. **Colby S,** Morrison S, Haldeman L. Changing Neighborhoods - Implications for Obesity among New Latino Immigrants. (2005, February) *26th Annual Minority Health Conference- Health and the Built Environment*. Chapel Hill, NC. February 25, 2005.
6. **Colby S,** Amoako E, Kohlenberg E, Haldeman L. Health Care Cost Of Diabetes Due To Acculturation Related Obesity In Non-Traditional Latino Immigration Locations. (2005, April) *Allied Academies International Meeting*, Memphis, TN.
7. **Colby S** & Haldeman L. Development of Peer-Led Youth Theater as a Nutrition Education Tool to Promote Healthy Eating. (2005, July) *Society for Nutrition Education 38th Annual Meeting Proceedings*, Orlando, FL.
8. **Colby S,** Morrison S, Haldeman L. Stages of Dietary Acculturation of the Newly Arrived Mexican Immigrant Family: A Comparison Case Study. (2005, November) *American Public Health Association 133rd Annual Meeting Proceedings*, New Orleans, LA (moved to Philadelphia, PA).
9. **Colby S.** Nutrition Marketing and the Worldwide Obesity Epidemic. (2006, April) *Allied Academies International Meeting,*New Orleans, LA.
10. **Colby** S, Hoverson B, Johnson L. Total and Saturated Fat Intakes are Associated with Increased Waist Circumference.(2006, September) *Academy of Nutrition and Dietetics’ Food and Nutrition Conference and Expo***.** Honolulu, HI.
11. **Colby S**, Johnson L, Haldeman L.Food Serving Estimation Error of Newly Arrived Latino Immigrants. (2006, November) American Public Health Association 134th Annual Meeting Proceedings, Boston, MA. November 4-8, 2006.
12. **Colby** S.Nutrition Marketing of Children’s Foods. (2007, April) *Journal of the Federation of American Societies for Experimental Biology,* 21:527.3.
13. **Colby S.**Nutrition Marketing on Food Labels*.* (2007, November) *American Public Health Association***,** Washington, DC.
14. **Colby S.**Marketing of Food in the Grocery Store Environment. (2008, March) *Pediatric Healthy Weight Summit,* Greenville, NC.
15. **Colby S.**Marketing and Industry Symbols on Food Labels.(2008, April) *Allied Academies International Meeting,* Tunica, MS.
16. **Colby** S, Follett J, Johnson L, Sellent S, Paulson M, Barriers to Receiving Food Assistance in Rural North Dakota*.* (2008, April) *Journal of the Federation of American Societies for Experimental Biology,*22:768.
17. **Colby S**, Follett J, McDonald L. Barriers to Eating a Healthy Diet and Physical Activity among Native Americans. (2008, July) *Journal of Nutrition Education and Behavior***.** Vol 40; (4)75.
18. **Colby** S, Hoverson B, Johnson LFood Industry Health Symbols on Products High in Saturated Fat, Sodium and/or Sugar. (2008, September) *International Congress of Dietetics,* Yokohama, Japan.
19. **Colby** S, Hoverson B, Johnson LA Comparison of Dietary Assessment Methodologies in a Preschool Setting.(2008, September)*International Congress of Dietetics*, Yokohama, Japan.
20. ***Colby S.***Emerging Menu Labeling Policies and the Obesity Epidemic. (2009, March) *Pediatric Healthy Weight Summit*, Greenville, NC.
21. **Colby S**, Heidal K, \*\*Johnson C, \*\*Stallings T, Gross K. Influence of Differing Types and Formats of Menu Labeling. (2009, April) *Journal of the Federation of American Societies for Experimental Biology***,** 2: S336.6.
22. **Colby S**, \*\*Johnson C, \*\*Stallings T, Gross K, Heidal B. Consumer Attitudes and Practices with Nutrition Labeling in Grocery Stores and on Menus. (2009, July) *Journal of Nutrition Education and Behavior*, Vol 41, Issue 4, S45.
23. **Colby S,** \*Bulova J, \*Person A, \*\*Carraway-Stage V. Influence of Marketing on Preschoolers’ Product Preference. (2010, April) *Journal of the Federation of American Societies for Experimental Biology*, *24:936.4*
24. Horacek T, Bryd-Bredbenner C, **Colby S,** Hoerr S, Johnson M, Kidd T, Phillips B, Walsh J. Healthy Vending Snacks on 10 College Campuses: A Comparison of Nutrient Density Scores. (2010, April) *Journal of the Federation of American Societies for Experimental Biology,**24:746.7*
25. **Colby S,** Wuensch K, \*Person A, \*Bulova J, \*\*Carraway-Stage V. College Students’ Ability to Self Identify Healthiness of Diet and Dietary Components. (2010, July)*Journal of Nutrition Education and Behavior***,** Vol 42;(4)S101.
26. Horacek, T,  Phillips B, Guo W, **ColbyS,** White  A, KiddT,  \*\*Koenings M,, \*\*WalshJ, \*\*QuickG,  Greene G.. Modification of a Tool to Assess Choices in Dining Venues on American Campuses of Higher Education. (2010, November) *Journal of the Academy of Nutrition and Dietetics* A26.
27. \*\*Erdman M, Horacek T**,** Phillips B, Guo W, **Colby S,** White A, Kidd T, \*\*Koenings M, \*\*Walsh J, \*\*Quick V, Greene G. Assessment of the Food and Eating Environment of College Campuses Using a Modified NEMS. (2010, November) *Journal of the Academy of Nutrition and Dietetics* A24.
28. \*\*Walsh J, White A, Byrd-Bredbenner C, **Colby S,** Esters O, Greene G, Hoerr S, Horacek T, Kattelmann K, Kidd T, Nitzke S, Phillips B. Use of a Multi-phase Community Assessment Model to Identify Behavioral and Environmental Influences of Obesity for Young Children.” (2010, November) *Journal of the Academy of Nutrition and Dietetics* A30.
29. Kattelmann K, White A, Byrd-Bredbenner C, Nitzke S, Greene G, Horacek T, Hoerr S, Phillips B, **Colby S,** Esters O, \*\*Morrell J, Olfert M, Kidd T, Shelnutt K. Project Y.E.A.H.: Development of a Web-Based Intervention Guided by the Precede-Proceed Model for Preventing Excess Weight Gain in Young Adults. (2011, June) *ISBNPA* Melbourne, Australia.
30. **Colby S,** Kattelmann K, Olfert M, Horacek T, White A. Community Based Participatory Action Research: From People to Policy. (2011, July) *Journal of Nutrition Education and Behavior*, Vol. 43, Issue 4, S35–S36.
31. Kattelmann K, \*\*Mortinsen K, Phillips B, Shelnutt K, Greene G, Olfert M, Esters O, Nitzke S, Horacek T, \*\*Quick V, White A, Hoerr S, Kidd T, **Colby S,** Morrell J. (2011, July) Tailoring a Management Access System for use by Campus Coordinators in 14 States for a Web-based Nutrition Intervention.*Journal of Nutrition Education and Behavior*, Vol. 43, Issue 4, S33–S34.
32. **Colby S,** Shelnutt K, Olfert M.Multistate Community Based Participatory Research Project to Prevent Obesity in Young Adults. (2011, October)*5th Annual Southern Obesity Summit*- New Orleans, LA.
33. \*Parker K, **Colby S**, Shelnutt K, Olfert M, Brown-Esters O. (2012, July) Preferred Strategies in a Social Markting Campaign. *Journal of Nutrition Education and Behavior*, Vol 44, Issue 4, S80.
34. Kattelmann K, White A, Greene G, Byrd-Bredbenner C, Horacek T, Hoerr S, Kidd T, Phillips B, **Colby S,** Brown-Esters O, \*\*Koenings M, Shelnutt K, Olfert M, \*\*Stabile-Morrell J. (2012, July) Development of a Randomized Trial Guided by the Process of PRECEDE-PROCEED for the Prevention of Excessive Weight Gain in Communities of Young Adults. *Journal of Nutrition Education and Behavior,* 44,S93-S94.
35. **Colby S**, Shelnutt K, Olfert M. (2012, July) Social Marketing Campaign to Promote Health on a College Campus. *Journal of Nutrition Education and Behavior*, Vol. 44, Issue 4, S79–S80.
36. Horacek T, Brown-Esters O, Byrd-Bredbenner C, Carey G, **Colby S,** Greene G, Hoerr S, Kidd T, \*\*Koenings M, Olfert M, Phillips B, Shelnutt K, White A. (2012, September) Obesity Prevention Behavior and Environment Relationships on U.S. Post-Secondary. International Congress of Dietetics Proceedings, Sydney Australia.
37. Kattelmann K, White A, Byrd-Bredbenner C, Greene G, \*\*Koenings M, Horacek T, Hoerr S, Phillips B, **Colby S**, Brown-Esters O, \*\*Stabile-Morell J, Kidd T, Olfert M, Shelnutt K. (2012, September) Project YEAH: Development of a Web-Based Intervention for Preventing Excess Weight Gain in Young Adults. International Congress of Dietetics, Sydney Australia.
38. Horacek T, Olfert M, Byrd-Bredbenner C, Carey G, **Colby S**, Greene G, Hoerr S, Kattelmann K, Kidd T, \*\*Koenings M, Brown-Esters O, Shelnutt K, White A. (2012, October) Environmental Supports for Physical Activity and Healthy Snacking Vary across Campus. *Journal of the Academy of Nutrition and Dietetics,* 112(9),A-62.
39. Kattelmann K, White A, Greene G, Byrd-Bredbenner C, Nitzke S, Horacek T, Hoerr S, Kidd T, Phillips B, **Colby S**, Brown O, Shelnutt K, Olfert M, \*\*Morrell J. (2013, August) Development of a Randomized Trial Guided by the Process of PRECEDE-PROCEED for the Prevention of Excessive Weight Gain in Communities of Young Adults *Journal of Nutrition Education and Behavior,* 45, S9.
40. \*\*Walsh J, Byrd-Bredbenner C, Kattelmann K, **Colby S**, Greene G, Hoerr S, White A, \*\*Stabile-Morrell J, Horacek T, Brown-Esters O, Kidd T, Koenings M, Phillips B, Shelnutt K, Olfert M. (2013, August) Examining Differences in Anthropometric Measures and Dietary Intake of Young Adults Attending College or Vocational Programs. *Journal of Nutrition Education and Behavior,* 45,S57-S58.
41. \*\*Byer C, White A, Byrd-Bredbenner C, Greene G, Koenings M, Horacek T, Hoerr S, **Colby S,** \*\*Stabile-Morrell J, Kidd T, Olfert M, Shelnutt K, Kattelmann K. (2013, August) Project YEAH: Effectiveness of a Theory-Based, Web-Delivered Intervention for Increasing Fruit and Vegetable Intake. *Journal of Nutrition Education and Behavior,* 45, S69.
42. \*\*Quick V, Byrd-Bredbenner C, Brown-Esters O, **Colby S**, Horacek T, Shoff S, White A, Lohse B, Greene G, Kidd T. (2013, October) Relationships Among Sleep Duration, Weight-Related Behaviors, and BMI in College Students Food and Nutrition Conference and Exposition. Houston, TX October, 2013. *Journal of the Academy of Nutrition and Dietetics,* 13(9),A78.
43. **Colby S**, Olfert M, \*\*Mathews D, Kattelmann K, Franzen-Castle L, White A.(2013, April) iCook: Development of Web-based Component of a 4-H Cooking Intervention. *Journal of the Federation of American Societies for Experimental Biology,* 27,36.2.
44. Franzen-Castle L, Krehbiel M, White A, Mathews D, Yerxa K, **Colby S**, \*Donaldson A, Kattelmann K, \*\*Koens A, Olfert M, Flanagan S. (2013, April) iCook: Developing a 4-H Curriculum for Youth and Adults. *Journal of the Federation of American Societies for Experimental Biology,* 27,1067.9.
45. \*\*Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, **Colby S**, \*Meade R, Kattelmann K, \*\*Kabala C, Olfert M, Flanagan S, White A. (2013, April) iCook: Use of an Online Process Evaluation to Facilitate Quality Control of a 5-State 4-H Program. *Journal of the Federation of American Societies for Experimental Biology,* 27, 367.5.
46. Olfert M, \*\*Smith E, Flanagan E, **Colby S**, \*Shanklin K, White A, \*\*Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, Kattelmann K, \*\*Koens A. (2013, April) iCook: Lessons Learned about Recruiting Youth and their Primary Adult Food Preparer for a 4-H Cooking Intervention. *Journal of the Federation of American Societies for Experimental Biology,* 27, 1063.18.
47. \*Donaldson A, **Colby S**, Franzen-Castle L, Kattelmann K, Olfert M, White A. (2013, April) iCook 4-H: Pilot Test of a Cooking Program to Promote Health in Youth. *Exhibition of Undergraduate Research and Creative Achievement Exhibition of Undergraduate Research and Creative Achievement.* Knoxville, TN.
48. \*Ruppert M, **Colby S**, Shelnutt K, Greene G, Brown O, Franzen-Castle L, Kidd T. (2013, August) Cognitive Interviewing in Survey Development. *Journal of Nutrition Education and Behavior,* 45(4S), S73-S74.
49. \*\*Kabala C, Kattelmann K, \*\*Koens A, Meendering J, White A, \*\*Mathews D, Olfert M, Smith E, Gebremariam Y, **Colby S**, \*Sparks A, Franzen-Castle L. (2013, August) iCook 4-H: Assessment of Physical Activity in 9-10 Year Old Child Participating in a Family-centered Pilot Intervention. *Journal of Nutrition Education and Behavior,* 45, S69.
50. Buttarazzi S, \*\*Mathews D, \*\*Aguirre T, Franzen-Castle L, \*Shanklin K, **Colby S**, \*\*Kabala C, \*\*Smith E, Olfert M, Yerxa K, White A. (2013, August) iCook 4-H: Piloting a Childhood Obesity Prevention Program – Anthropometrics and Dietary Intake of Children 9-10 Years Old.  *Journal of Nutrition Education and Behavior,* 45,S76.
51. Walsh J, Byrd-Bredbenner C, \*\*Morrell J, **Colby S**, Brown-Esters O, Greene G, Hoerr S, Horacek T, Kattelmann K, Kidd T, Koenings M, Phillips B, Shelnutt K, Olfert M, White A. (2013, August) Examining Differences in Anthropometric Measures and Dietary Intake of Young Adults Attending College or Job Training Programs. *Journal of Nutrition Education and Behavior,* 45, S57-58.
52. White A, **Colby S,** Franzen-Castle L, Kattelmann K, Olfert M. (2013, August) iCook: A 4-H Program to Promote Culinary Skills and Family Meals for Obesity Prevention. *Journal of Nutrition Education and Behavior,* 46(4), S199–S200.
53. \*\*Kabala C, Kattelmann K, \*\*Koens A, Meendering J, White A, \*\*Mathews D, Olfert M, \*\*Smith E, Gebremariam Y, **Colby S**, \*Sparks A, Franzen-Castle L, Hall J. (2013, August) iCook 4-H: Assessment of Physical Activity in 9-10 Year Old Children Participating in a Family-centered Pilot Intervention. *Journal of Nutrition Education and Behavior,* 45, S69.
54. Byrd-Bredbenner C, Quick V, White A, Brown-Esters O, **Colby S,** Shoff S, Lohse B, Greene G, Horacek T, Kidd T. (2013, September) Eat, Sleep, Work, Play: Relationships Among Obesogenic Behaviors of Young Adults by Weight Status. International Congress of Nutrition. Granada, Spain, *Annuals of Nutrition Metabolism,* 63(S1).
55. Kattelmann K, White A, Byrd-Bredbenner C, Greene G, Horacek T, Kidd T, Phillips B, **Colby S**, Brown O, Hoerr S, Shelnutt K, Olfert M, Koenings K, \*\*Stabile-Morrell J. (2013, September) Project Yeah: Development of a Web-Delivered Theory-Based Intervention for Preventing Excess Weight Gain in Young Adults. IUNS 20th International Congress of Nutrition, Grenada, Spain, *Annuals of Nutrition Metabolism,* 63(S1), 487.
56. **Colby S,** Olfert M, Franzen-Castle L, Kattlemann K, \*\*Matthews D, White A. (2013, October) “iCook: Development and Pilot Testing of a Cooking Intervention for Youth and Adults.” *Asia-Pacific Academic Consortium for Public Health,* Wuhan, China.
57. \*Donaldson A, **Colby S**, Franzen-Castle L, Kattelmann K, Olfert M, White A. (2013, November) Building Cooking Confidence as a Foundation for a Healthy Diet. *Southern Obesity Summit*, Nashville, TN.
58. \*Sparks A, **Colby S**, Kavanagh K, Hansen-Petrik M, \*Appelo S, \*\*Wilkerson B, \*\*Monroe C, Thompson D. (2013, November) Physical Activity and Diet Patterns of Highly, Moderately Active and Sedentary College Males Associated with Weight Management. *Southern Obesity Summit*, Nashville, TN.
59. \*Sparks A, **Colby S**, Kavanagh K, Hansen-Petrik M, \*Appelo S, \*\*Wilkerson B, \*\*Monroe C, Thompson D. (2014, April) Protein and College Males: Knowledge, Behaviors, and Recommendations. *Journal of the Federation of American Societies for Experimental Biology,* 28: (1)S633.3.
60. Olfert M, \*\*White J, \*\*Wells A, Franzen-Castle L, **Colby S,** Kattlemann K, \*\*Matthews D, White A. (2014, April) iCook4H: Dyad Model (Youth/Adult Pair) Used in Recruiting for a Multistate Study. (262.5) *Journal of the Federation of American Societies for Experimental Biology,* 28:262.5.
61. \*\*Kabala C, Kattelmann K, Meendering J, Mathews D, Olfert M, \*\*White J, **Colby S,** \*Meade R, Franzen-Castle L, \*\*Aguirre T, White A. (2014, April) iCook 4-H: Report of the Correlation Between the Block Kids Physical Activity Screener and Accelerometer-Derived Physical Activity in 9-10 Year Old Children (LB460) *Journal of the Federation of American Societies for Experimental Biology*, 28:LB460.
62. \*Appelo S, **Colby S**, \*Sparks A, \*\*Wilkerson B, \*\*Monroe C, Kavanagh K, Hansen-Petrik M, Thompson D. (2014, April) Protein and College Females: Perceptions, Knowledge, Recommendations, and Behavior. *Exhibition of Undergraduate Research and Creative Achievement,* Knoxville, TN.
63. Bates J, White A, Mathews D, **Colby** S, Franzen-Castle L, Kattelmann K, Olfert M. (2014, June) Coming Together: Family Relationships and Healthy Food Preparation. *Journal of Nutrition Education and Behavior,* 46(4), S184.
64. Kattelmann K, White A, Greene G, Byrd-Bredbenner C, Hoerr S, Horacek S, Kidd T, **Colby S.** (2014, June) Development of Young Adults Eating and Active for Health (YEAH) Internet-Based Intervention via a Community-Based Participatory Research Model. *Journal of Nutrition Education and Behavior,* 46(2), S10–S25.
65. \*\*Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, \*\*Aguirre T, **Colby S,** \*Meade R, Kattelmann K. (2014, June) Fidelity of Implementation of a 4-H Program to Promote Culinary Skills and Family Meals for Obesity Prevention: iCook 4-H. *Journal of Nutrition Education and Behavior,*  46(4), S152–S153.
66. Franzen-Castle L, Krehbiel M, White A, \*\*Mathews D, Yerxa K, **Colby S,** \*Meade R, Kattelmann K. (2014, June) Assessing Effectiveness of the Implementation of a 12-Week Curriculum for Youth and Adults: iCook 4-H. *Journal of Nutrition Education and Behavior,* 46(4), S104.
67. \*\*Miller A, Franzen-Castle L, White A, \*\*Mathews D, **Colby S,** \*Meade R, Kattelmann K, \*\*Kabala C. (2014, June) Characteristics and Kitchen Proficiency of Adults at Intervention Baseline: iCook 4-H. *Journal of Nutrition Education and Behavior,* 46(4), S186.
68. \*\*Merfeld C, Kattelman K, Meendering J, \*\*Mathews D, Olfert M, White A, **Colby S,** \*Meade R. (2014, June) iCook 4-H: Report of the Correlation Between Quality of Life Measures and Physical Activity in 9- to 10-Year-Old Children. *Journal of Nutrition Education and Behavior,* 46(4), S134–S135
69. White A, **Colby S,** Franzen-Castle L, Kattelmann K, Olfert M. (2014, June) iCook: A 4-H Program to Promote Culinary Skills and Family Meals for Obesity Prevention. *Journal of Nutrition Education and Behavior,* 46(4), S199–S200.
70. Olfert M, Lilly C, \*\*White J, **Colby** S, \*Meade R, Franzen-Castle L, Krehbiel M, Kattelmann K. (2014, June) Health Disparities Including and Not Including Race Correlate to Quality of Life: iCook 4-H. *Journal of Nutrition Education and Behavior,* 46(4), S124–S125.
71. \*\*White J, \*\*Wells A, **Colby S,** \*Donaldson A, Franzen-Castle L, \*\*Miller A, Kattlemann K, \*\*Merfeld C. (2014, June) Collecting Highlights From Leaders About a Cooking and Physical Activity Program for Family Dyads: iCook 4-H. *Journal of Nutrition Education and Behavior,* 46(4), S123.
72. \*\*Smith E, \*\*Root A, Flanagan S, **Colby S,** \*Meade R, Franzen-Castle L, \*\*Aguirre T, Kattelmann K. (2014, June) Assessing Blood Pressure and Quality of Life in 9- to 10-Year-Old Children: iCook 4-H Pilot Study. *Journal of Nutrition Education and Behavior,* 46(4), S123–S124.
73. \*Meade R, **Colby S,** \*Donaldson A, Franzen-Castle L, \*\*Plaggemeyer A, Kattelmann K, \*\*Kabala C, \*\*Mathews D, Olfert M, \*\*White J, White A. (2014, June) Influencers of Family Meal Experience: iCook 4-H. *Journal of Nutrition Education and Behavior,* 46(4), S102.
74. **Colby S**, \*Meade R. \*Donaldson A, Franzen-Castle L, Plaggemyer A, Kattelmann K, \*\*Merfeld C, \*\*Mathews D, \*\*Smith E, Olfert M, White A. (2014, June) Child Food Intake and Habits at Intervention Baseline: iCook 4-H.*Journal of Nutrition Education and Behavior,* 46(4), S110.
75. \*Forman A, **Colby S,** Shelnutt K, Greene G, Brown O, Franzen-Castle L, Phillips B, Kidd T. (2014, October) Differences in Health-Related Behavior of Normal Weight and Overweight/Obese College Females Trying to Lose Weight. *Journal of the Academy of Nutrition and Dietetics,* 114(9), SA25.
76. \*Ford A, **Colby S,** Franzen-Castle L, Kattelmann K, \*\*Merfeld C, Olfert M, Plaggemeyer A, White A, \*\*White J, Yerxa K. (2014, October) Cooking Behavior and Self-efficacy of 9-10 Year Old Youth: iCook 4-H. *Journal of the Academy of Nutrition and Dietetics,* 114(9), SA64.
77. \*Meade R, **Colby S,** White A, \*\*Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, Kattelmann K, \*\*Kabala C, \*\*White J, Olfert M. (2014, October) iCook 4-H: Childhood BMI is Associated with Family Meal Frequency. *Journal of the Academy of Nutrition and Dietetics*, 114(9), SA64.
78. \*\*Mathews D, Franzen-Castle L, Kattleman K, **Colby S**, Olfert M, White A. (2015, April) Use of a Systematic 3-pronged Evaluation to Measure, Monitor, and Test Fidelity of the 5-state iCook 4-H Program. *Journal of the Federation of American Societies for Experimental Biology*, 29, S395.8.
79. **Colby S,** Olfert M, Mathews A, Kattelmann K, Kidd T, Brown O, White A, Horacek T, Greene G, Byrd-Bredbenner C, Shelnutt K. (2015, July) "Get Fruved:" A Peer-led, Train-the-trainer Social Marketing Intervention to Increase Fruit and Vegetable Intake and Prevent Childhood Obesity. *Journal of Nutrition Education and Behavior,* 47(4), S109.
80. **Colby S,** \*\*Vilaro M, \*Glover J, \*\*Barr M, \*Riggsbee K, \*Dahlman S. (2015, July) Get Fruved! Building an Innovative Intervention Using Student’s Creativity and Passion. *Journal of Nutrition Education and Behavior*. Mini-Symposium.
81. Olfert M, \*\*Famodu O, \*\*White J, \*\*Barr M, \*\*Hagedorn M, \*Meade R, **Colby S,** Franzen-Castle L, \*\*Aguirre, \*\*Kabala C, Kattelmann. (2015, July) Blood Pressure and Quality of Life in 9-11 Year Old Youth and Adult Dyad Pairs Over One Year, iCook 4-H. *Journal of Nutrition Education and Behavior,* 47(4), S83–S84.
82. \*\*Merfeld C, Kattelmann K, Meendering J, \*\*Mathews D, Olfert M, \*\*White J, **Colby S,** Meade R, Franzen-Castle L, \*\*Aguirre T, White A. (2015, July) iCook 4-H: Report of the Accelerometer Derived Physical Activity in 9-10 Year Old Children from Baseline to Post. *Journal of Nutrition Education and Behavior,* 47(4), S79–S80.
83. \*\*Randall J, Yerxa K, Allan T, \*\*Brison C, \*\*Fenton A, \*\*Goetz J, \*\*Lindley V, \*\*Spurling D, **Colby S,** Franzen-Castle L, Kattelmann K, Olfert M, \*\*Mathews D, White A. (2015, July) Piloting iCook 4-H Prepares Program for Community Dissemination. *Journal of Nutrition Education and Behavior,* 47(4), S84.
84. \*\*Hagedorn R, Olfert M, \*\*White J, \*\*Famodu O, \*\*Barr M, Hanks S, Chester A, **Colby S,** Franzen-Castle L, Kattelmann K, White A. (2015, July) Using High School Leaders in Dissemination and Implementation through the Health Sciences Technology Academy (HSTA): iCook 4-H Study. *Journal of Nutrition Education and Behavior,* 47(4), S38.
85. \*\*White J, \*\*Famodu O, \*\*Barr M, \*\*Merfeld C, Kattelmann K, Franzen-Castle L, \*\*Aguirre T, **Colby S**, \*Manuel L, White A, \*\*Mathews D, Olfert M. (2015, July) Cooking, Mealtime and Physical Activities Incorporated in the Home Environment One Year after Initial Intervention: iCook 4-H. *Journal of Nutrition Education and Behavior,* 47(4), S38–S39.
86. Olfert M, \*\*Scatterday A, \*\*Famodu O, \*\*White J, \*\*Barr M, \*\*Hagedorn R, \*\*Woehrer K, \*Meade R, **Colby S**, Franzen-Castle L, \*\*Wilson-Sweebe, Kattelmann K, Yerxa K, White A. (2015, July) Health Disparate Score Change over 12 Months: iCook 4-H Study. *Journal of Nutrition Education and Behavior,* 47(4), S83.
87. White A, Franzen-Castle L, Kattelmann K, **Colby S,** Olfert M. (2015, July) Out-of-School Culinary and Physical Activity Program for Youth and Their Main Food Preparer: iCook 4-H Year 3. *Journal of Nutrition Education and Behavior,* 47(4), S95.
88. Mathews D, Franzen-Castle L, **Colby S,** Kattelmann K, Olfert M, White A. (2015, July) Use of Word Clouds as a Novel Approach for Analysis and Presentation of Qualitative Data for Program Evaluation. *Journal of Nutrition Education and Behavior,* 47(4), S26.
89. \*Forman A, **Colby S,** Gellar L, Kavanagh K, Spence M. (2015, July) My Painted Plate: Art Enhances Nutrition Education with Children. *Journal of Nutrition Education and Behavior,* 47(4), S57.
90. \*\*Barr ML, Olfert MD, Zhou W, \*Riggsbee K, Mathews AEW, \*Vilaro M, Kattelmann KK, \*Leischner K, Crouter S, Morrell JS, Thompson D, White A, Horacek T, Kidd T, Brown O, **Colby SE**. (2016, April) Fruit and Vegetable Consumption and Physical Activity in Young Adults: Get Fruved Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), S1152.13.
91. \*\*Barr ML, Olfert MD, Zhou W, \*Riggsbee K, Mathews AEW, \*\*Vilaro M, Kattelmann KK, \*\*Hanson A, White A, Horacek T, Kidd T, Brown O, **Colby SE**. (2016, April) Recruitment Strategies Implemented Across a Four-State Lifestyle Intervention: Get Fruved Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), 674.37.
92. Olfert MD, \*\*Barr ML, Zhou W, \*Riggsbee K, Mathews AEW, \*\*Vilaro M, Kattelmann K, \*\*Hanson A, Spurgeon S, Morrell JS, Franzen-Castle L, Byrd-Bredbenner C, White A, Horacek T, Kidd T, Brown O, **Colby SE**. (2016, April) Sleep and Stress Level of College Students Developing a Health Promotion Intervention: Get Fruved Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), 1152.5.
93. \*\*Famodu OA, \*\*Cuff CF, \*\*Cockburn A, \*\*Downes MT, \*\*Murray PJ, \*\*McFadden JW, **Colby SE**, Morrell JS, Olfert IM, Olfert MD. (2016, April) Impact of Free-Living Nutrition Intervention on Microbiome in College Students at Risk for Disease: Fruvedomic Pilot Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), 146.7.
94. **Colby S,** Zhou W, \*\*Yan W, \*Dahlman S,Olfert M, \*\*Barr M, Kattelmann K, \*\*Creager K, Mathews A, \*\*Vilaro A, Brown O, Kidd T, Horacek T, White A. (2016, April) Peer Mentoring to Prevent Obesity in First Year College Students: Get Fruved Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), 895.1.
95. Mathews AT, \*\*Famodu OA, Olfert MD, \*\*Murray PJ, \*\*Cuff CF, \*\*Downes MT, \*\*Haughey NJ, Morrell JS, **Colby SE,** Olfert IM, McFadden JW. (2016, April) Fruit and Vegetable Intervention Lowers Circulating Ceramide Levels and Improves Estimated Insulin Sensitivity in Young Adults at Risk of Developing Metabolic Syndrome: A FRUVEDomic Pilot Study. *Journal of the Federation of American Societies for Experimental Biology.* 30 (1), 1260.3
96. \*Allison C, \*Riggsbee K, Spurgeon S, Crouter S, Zhou W, Matthews A, Olfert MD, Kattelmann K, Kidd T, Horacek T, Brown O, White A, **Colby S.** (2016, April) The Impact of Art and Culture on Health Behaviors in College Students. *Exhibition of Undergraduate Research and Creative Achievement, The University of Tennessee*.
97. \*Allison C, \*Faulk M, **Colby S.** (2016, April) Development and Validation of a Survey about Beans for College Populations. *The National Conference on Undergraduate Research*, Asheville, NC.
98. \*Hamm C, \*Northcutt A, \*Riggsbee KA, Crouter S, Zhou, W, **Colby SE**. (2016, April) College Students and Risk of Developing Type 2 Diabetes. Exhibition of Undergraduate Research and Creative Achievement, Knoxville, TN.
99. \*Riggsbee KA, **Colby SE**, \*Sowers MF, Mathews A, Olfert MD, \*\*Barr ML, Kattelmann K, Kidd T, Horacek T, Brown O, White A. (2016, July) Social Media and Dietary Patterns among College Students. SNEB Annual Meeting, San Diego, CA. July 30, 2016.
100. \*\*White J, Olfert MD, Brown O, **Colby S,** Horacek T, Kattelmann K, Kidd T, Shelnutt K, White A, Greene G. (2016, July) Campus Environment Perceptions Impact Fruit and Vegetable Intake and Vigorous Physical Activity in College Students. SNEB Annual Meeting, San Diego, CA. July 30, 2016.
101. **Colby SE,** Zhou W, Mathews A, Kattelmann K, Olfert MD, Brown O, Kidd T, White A, Horacek T. (2016, July) A Social Marketing and Environmental Change Intervention: Get Fruved Years 01-02. SNEB Annual Meeting, San Diego, CA. July 30, 2016.
102. \*\*Opoku-Acheampong A, Kidd T, \*\*Miller, C, **Colby S.** (2016, July)Exploring Healthy Behaviors and Chronic Diseases Risk Factors among College Students. SNEB Annual Meeting, San Diego, CA.
103. \*\*Hanson A, Kattelmann K, Mathews A, Olfert M, \*\*Barr M, Brown O, Horacek T, Kidd T, White A, \*\*Violette G, **Colby S.** (2016, July) An Evaluation of the Relationship between College Students’ Cooking Skills, Frequency, and Self-Efficacy and Fruit and Vegetable Intake and Body Mass Index: GetFRUVED Study. SNEB Annual Meeting, San Diego, CA. July 30, 2016.
104. \*\*Barr ML, Olfert MD, Mathews A, \*Riggsbee K, \*\*Leischner K, Kattelmann KK, **Colby S**. (2016, July) Intervention Planning and Baseline Characteristics of College Students Trained to Implement Wellness on Campus: GetFRUVED Study. SNEB Annual Meeting, San Diego, CA.
105. \*\*Famodu OA, Olfert MD, \*\*Holaskova I, \*\*Barr ML, Zhou W, Morrell J, **Colby SE**. (2016, July) Shortening Pittsburgh Sleep Quality Index Survey Using Factor Analysis. SNEB Annual Meeting, San Diego, CA.
106. \*\*Famodu OA, \*\*Cuff C, \*\*Cockburn A, Olfert IM, \*\*McFadden JW, \*\*Downes ME, \*\*Murray PJ, \*\*Holaskova I, \*\*Barr ML, **Colby SE**, Morrell J, Olfert MD. (2016, July) Nutrition Intervention to Profile Microbiome and Behaviors in Young Adults at Risk for Metabolic Syndrome: FRUVEDomic Pilot Study. SNEB Annual Meeting, San Diego, CA.
107. \*Sowers, MF, **Colby SE,** \*\*Yan W, Zhou W, Olfert MD, \*\*Barr ML, Mathew A, \*\*Vilaro M, Kattelmann KK, \*\*Leischner K, Kidd T, Brown O, Horacek T, White A, Williams J, (2016, July) A Comparison of Peer Mentors' and Mentees' Health Behaviors: Get Fruved Study. SNEB Annual Meeting, San Diego, CA.
108. \*\*Barr ML, Olfert, MD, Mathew A, \*Riggsbee K, Kattlelmann KK, \*\*Leischner K, **Colby SE**. (2016, July) Training College Students to Create a Health Promotion Intervention for Freshman: Get Fruved Study. SNEB Annual Meeting, San Diego, CA.
109. Horacek T, Dede Yildirim E, Burke M, Shelnutt K, Olfert M, Morrell J, Kidd T, Kattelmann K, Greene G, **Colby S,** Brown O, Bryd-Bredbenner C Franzen-Castle L. (2016, October) Assessing the healthfulness of campus dining environments using “Full Restaurant Evaluation Supporting a Healthy (FRESH) dining environment” tool. FNCE Annual Meeting Boston, MA.
110. \*\*Loso J, \*\*Staub D, **Colby S,** Zhou W, Olfert MD, Kattelmann K, \*\*Vilaro M , Brown O, Kidd T, Horacek T, White A, Franzen-Castle L, Mathews A. (2016, October) Childhood and Current Gardening is Associated with Increased Fruit and Vegetable Intake among College-Aged Students Participating in the Get Fruved Study. FNCE Annual Meeting, Boston, MA.
111. \*\*Vilaro M, \*Riggsbee K, Zhou W, **Colby S**, Byrd-Bredbenner C, Olfert M, Barnett T, Kidd T, Mathews A. (2016, October) Development and Testing of the Food Choice Priorities Survey for College Students. FNCE Annual Meeting Boston, MA.
112. \*\*Elzein A, Mathews A, **Colby S,** Byrd-Bredbenner C, \*Riggsbee K, Zhou W, Olfert M, Barnett T, Hansen A, Brown O, Kidd T, Horacek T, \*\*Violette G, \*\*Vilaro M. (2016, October) Food Choice Priorities of College Freshmen and Variation by Demographic Characteristics: Get Fruved Study. FNCE Annual Meeting Boston, MA.
113. \*\*Burke M, White A, Greene G, **Colby S.** (2016, October) Green Eating and Health Behavior in College Students. FNCE Annual Meeting, Boston, MA.
114. \*\*King S, Olfert M, \*\*Hagedorn R, \*\*Famodu R, \*\*Barr M, **Colby S,** Franzen-Castle L, Kattelmann K, White A. (2016, October) iCook 4-H: Using Ripple Effect Mapping to Determine Impact- 2 Years Post-Intervention. West Virginia Rural Health Conference. Logan, WV.
115. \*\*Violette G, White A, Moyer J, Brown O, Horacek T, Kattelmann K, Kidd T, Mathews A, Morrell J, Olfert MD, Spurgeon S, **Colby S.** (2016, October) Relationships Among Body Mass Index, Sleep, and Stress in First-Year College Students At-Risk for Unwanted Weight Gain: Get Fruved. FNCE Annual Meeting. Boston, MA.
116. \*\*Barr ML, Mathews A, Kattelmann K, **Colby S,** Olfert M. (2016, October) West Virginia University Health Promotion Program: GetFruved. WV Rural Health Conference, Logan, WV.
117. \*\*Yan W, Zhou W, **Colby S,** Kattelmann K, Mathews A, Olfert M. (2016, November) The GetFruved Project Uses Integer Programming to Match Freshmen to Peer Mentors. INFORMS. Nashville TN.
118. \*\*Hanson A, Kattelmann K, Mathews A, Olfert M, \*\*Barr M, Brown O, Horacek T, Kidd T, White A, \*Violette G, **Colby S.** (2016, November) An Evaluation of the Relationship between College Students’ Cooking Skills, Frequency, and Self-Efficacy and Fruit and Vegetable Intake and Body Mass Index: GetFRUVED Study. Sanford Biomedical Research Symposium, Brookings, SD.
119. \*\*Hanson A, Kattelmann K, Mathews A, Olfert M, \*\*Barr M, Brown O, Horacek T, Kidd T, White A, \*\*Violette G, **Colby S.** (2016, September) An Evaluation of the Relationship between College Students’ Cooking Skills, Frequency, and Self-Efficacy and Fruit and Vegetable Intake and Body Mass Index: GetFRUVED Study. SDAHO Annual Meeting, Sioux Falls, SD.
120. \*\*El Zein A, Shelnutt K, **Colby S,** Kattelmann K, Brown O, Kidd T, Horacek T, White A, Zhou W, Greene G, \*Riggsbee K, Morrell J, Mathews A. (2016, December) The Prevalence of Food Insecurity and its Association with Health and Academic Outcomes among College Freshmen from Eight Universities in the United States. American Society of Nutrition, Advances and Controversies in Clinical Nutrition. Orlando, Florida.
121. \*\*Powell KD, **Colby SE,** Olfert MD, Zhou W, Spence ML, Springer CM, Kavanagh KF. (2017, April) Associations between breastfeeding intention and accurate body size estimation among female college students. Experimental Biology FASEB – American Society of Nutrition Annual Meeting. Chicago, Illinois.
122. \*\*Famodu OA, \*\*Barr ML, **Colby SE,** Zhou W, Bryd-Bredbenner C, Mathews AE, Olfert MD. (2017, April) Associations Between Neck Circumferences and Measures of Health in Young Adults. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #7928. Chicago, Illinois.
123. \*Sowers M, **Colby S,** \*Allison C, Zhou W. (2017, April) Development and Validation of a B.E.A.N. Survey for College Students. Experimental Biology FASEB – American Society of Nutrition Annual Meeting. Abstract # 9947. Chicago, Illinois.
124. \*\*Barr ML, \*\*Famodu OA, Gou G, **Colby SE,** Olfert MD. (2017, April) Facial Imagery BMI Algorithm correlates with Normal and Overweight Measured BMI. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #7895. Chicago, Illinois.
125. \*\*Clark RL, \*\*Famodu OA, \*\*Barr ML, Murray PJ, Olfert MI, Downes MT, Cuff CC, McFadden JW, Chantler PD, **Colby SE,** Olfert MD. (2017, April) Fruit and Vegetable Diet Intervention in Young Adults with Metabolic Syndrome: Fruvedomics Pilot Study. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #8246. Chicago, Illinois.
126. \*\*Allison C, \*Wiggins S, Yan W, Zhou W, Olfert MD, Kattelmann K, Mathews A, Brown O, Kidd T, Horacek T, White A, **Colby S.** (2017, April) Gender Differences in Use of Social Media for Health-related Information. Experimental Biology FASEB – American Society of Nutrition Annual Meeting. Abstract # 9351. Chicago, Illinois.
127. \*\*Famodu OA, Infante AM, Cuff CC, Holaskova I, Olfert MI, Downes MT, Murray PJ, McFadden JW, **Colby SE,** Morrell J, Olfert MD. (2017, April) Microbiome Impact from a Nutrition Intervention in Young Adults: FRUVEDomics Pilot Study. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #8205. Chicago, Illinois.
128. \*\*Famodu OA, Charlier CM, \*\*Barr ML, **Colby SE,** Zhou W, Mathews AE, Olfert MD. (2017, April) Self-reported vs. Measured Height and Weight in Young Adults. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #7969. Chicago, Illinois.
129. \*\*Morris AM, \*\*Barr ML, \*\*Famodu OA, **Colby SE,** Zhou W, \*\*Hagedorn RL, \*\*Clark RL, \*Riggsbee K, Olfert MD. (2017, April) Wellness Characteristics of College Freshmen at West Virginia University. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #8131. Chicago, Illinois.
130. \*\*Barr ML, Charlier CM, **Colby SE,** Greene G, Bryd-Bredbenner C, Olfert MD. (2017, April) Young Adult Males and Regional Appalachian Differences in Dietary Patterns across U.S. Universities. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #7801. Chicago, Illinois.
131. \*\*Barr ML, Beller EL, **Colby SE**, Morrell J, Kidd T, Riggsbee K, Olfert MD. (2017, April) Young adults physical activity behavior and chronic disease prevention knowledge across Appalachia. Experimental Biology FASEB – American Society of Nutrition Annual Meeting, Abstract #7991. Chicago, Illinois.
132. Olfert M, \*\*Hagedorn R, \*\*Famodu R, \*\*Barr M, \*\*King S, **Colby S,** Franzen-Castle L, Kattelmann K, White A. (2017, May) A Childhood Obesity Prevention Program to Increase Cooking, Eating, and Playing Together in Families: iCook 4-H Study. Annual Adolescent and Young Adult Research Symposium. Pittsburgh, PA.
133. Olfert M, \*\*Hagedorn R, \*\*Famodu R, \*\*Barr M, \*\*King S, **Colby S**, Franzen-Castle L, Kattelmann K, White A. (2017, July) A Childhood Obesity Prevention Program to Increase Cooking, Eating, and Playing Together in Families: iCook 4-H Study. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
134. \*Allison C, **Colby S,** Kattelmann K, Franzen-Castle L, Olfert M, Butler R, \*Payne M, \*Ellington A, \*Wiggins S, White A. (2017, July) Skills Demonstrated in Cooking Videos in Response to Weekly Cooking Lessons. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
135. \*\*King S, \*\*Hagedorn R, \*\*Famodu R, \*\*Barr M, \*\*Morris A, **Colby S**, Franzen-Castle L, Kattelmann K, White A, Olfert M. (2017, July) Using Impact Mapping in a Culinary Program Targeting Youth and Adult Dyads. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
136. \*Wiggins S, **Colby S,** \*Allison C, Butler R, \*Payne M, \*Ellington A, Fouts H, Moret LA, Olfert M, Kattelmann K, Franzen-Castle L, \*\*Mathews D, White A. (2017, July) 4-H: Parenting Typology Reflected in Youth Created Cooking Videos. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
137. \*Wiggins S, Colby S, \*Allison C, Butler R, \*Payne M, \*Ellington A, Fouts H, Moret L, Olfert M, Kattelmann K, White A. (2017, July) iCook-4-H: Parenting Typology Reflected in Youth Created Cooking Videos. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
138. White A, Franzen-Castle L, Colby S, Kattlemann K, Olfert M. (2017, July) Outputs and Outcomes at Year 5 of the Out-of-School Program for Youth and Adult Dyads: iCook 4-H. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
139. Wattick RA, Barr ML, Hagedorn RL, Shelnutt K, Mathews A, **Colby SE,** Olfert MD. (2017, July) Appalachian Young Adults Food Security and Tobacco Use. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
140. Clark RL, Famodu OA, Morrill A, Warner C, Ruseski J, Murray PJ, **Colby SE,** Olfert MD. (2017, July) Cost Increase to Follow USDA MyPlate Diet in College Aged Students. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
141. \*Sowers MF, **Colby S,** Anderson Steeves E, Kavanagh KF, Zhou W, Olfert M, \*\*Hagedorn R. (2017, July) Description of Content, Sales, and Consumer Demographics of Vending Machines on a College Campus. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
142. \*\*Barr, ML, Charlier CM, Mathews A, Kattelmann K, **Colby S,** Olfert MD. (2017, July) Self-Reported Young Adult Male Androgen Deficiency Correlation with Stress and Sleep. Society for Nutrition Education and Behavior Annual Conference. Washington, DC.
143. \*\*Hanson A, Kattelmann K, Mathews A, Olfert M, Brown O, Horacek T, Kidd T, White, A. **Colby S**. (2017, July) An Evaluation of the Relationship between Physical Activity, Cooking, Dietary Behaviors and Wellness Indicators: GetFRUVED Study. Society for Nutrition Education and Behavior Annual Conference.Washington, DC.
144. \*McElrone M, **Colby SE**, Franzen-Castle L, Olfert MD, Kattelmann K, White A. (2017, October) Prevalence and predictors of household food insecurity among iCook 4-H participants at baseline: A multivariable binomial logisitic modeling approach. Food & Nutrition Conference & Expo. Chicago, IL.
145. \*McElrone, M., Colby, S., Fouts, H., Spence, M., Kavanagh, K., Franzen-Castle, L., . . . White, A. A. (2019). Feasibility and acceptability of implementing a culturally adapted cooking curriculum for Burundian and Congolese refugee families. Poster session presented at the meeting of American Public Health Association Annual Meeting & Expo.
146. \*Allison C, \*Patrick L, Anderson Steeves E, Hellwinckel C, Zhou W, Colby S. Process Evaluation of a Sustainable Food Systems Course for First Year College Students. Accepted to the Society of Nutrition Education and Behavior Annual Conference. San Diego, CA. July 18 – 21, 2020.
147. \*Allison C, \*Riggsbee K, \*Hall E, Mathews A, Olfert MD, Colby S. Development and Validation of a Tool to Assess Top Health Priorities of College Students. Accepted to the Society of Nutrition Education and Behavior Annual Conference. San Diego, CA. July 18 – 21, 2020.
148. \*Allison C, \*Riggsbee K, \*Hall E Matthews A, Olfert MD, Colby S. Development and Validation of a Tool to Assess Top Campus Health Priorities of College Students. Abstract accepted for presentation at Society for Nutrition Education and Behavior Conference, July 18-21, 2020
149. 4. \*Hall E, Colby S. Comparison of Purchases between Members of a Supermarket “Wellness Club” versus Non-Members. American Society for Nutrition Annual Conference, Abstract accepted and to be presented virtually (conference canceled due to Covid-19), June 2020
150. \*Hall E, \*Riggsbee K, \*Allison C, Hall B, Hirsch J, Colby S. Development and Validation of a Readiness to Change Tool for College Students. Society for Nutrition Education and Behavior Annual Conference, Abstract & Poster, July 27-30, 2019
151. \*Nussbaumer A, \*Riggsbee K, Anderson-Steeves E, Hall E, Sneed C, Burney J, Colby S. Successful Implementation and Elements of Healthy Food Retail Programs: Extension Professionals Perceptions, NUTRITION 2019 Conference, Abstract & Poster, April 15, 2019
152. \*McElrone M, Colby S, Fouts HN, Spence M, Kavanagh K, Franzen-Castle L, Olfert MD, Kattelmann K, White AA. “Feasibility and acceptability of implementing a culturally adapted cooking curriculum for Burundian and Congolese refugee families.” Poster presentation at American Public Health Association 2019 Annual Meeting & Expo. November 4, 2019. Philadelphia, PA.
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\*Student mentored as major professor

\*\* Student mentored, not as major professor

**PUBLICATIONS & ARTICLES**

**BOOKS**

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92. Olfert MD, Barr ML, Mathews AN, Horacek TM, Riggsbee K, Zhou W, Colby SE. Life of a vegetarian college student: Health, lifestyle, and environmental perceptions. Received 10 May 2019, Accepted 29 Feb 2020, Published online: 28 Apr 2020.
93. Olfert MD, Barr ML, Mathews AN, Horacek TM, Riggsbee K, Zhou W, Colby SE. eB4CAST infographics improve science communication with stakeholders in college-based health program. Accepted for publication in Frontiers in Public Health, section Public Health Education and Promotion.

**COLLABORATIONS & GRANTS**

USDA/CREES/NRI Integrated (Co-PI) *"Development of a Randomized Trial Guided by the Process of PRECEDE-PROCEED for Prevention of Excessive Weight Gain in Communities of Young Adults"*

NC 1028, Kendra Kattelmann (PI)

**$1,499,270**- Awarded Fall 2009

USDA/AFRI Integrated (Co-PI) *“iCook-4H: A 4-H Program to Promote Culinary Skills and Family Meals for Obesity Prevention”*

Adrienne White (PI)

**$2,491,345-** Awarded Fall 2012

USDA/AFRI Integrated (PI) *"Get Fruved:" A peer-led, train-the-trainer social marketing intervention to increase fruit and vegetable intake and prevent childhood obesity.”*

**$4,887,080-** Awarded Fall 2014

HHS - HRSA - Health Resources and Services; Advanced Nursing Education Grants.

(Co-PI) *“Improving Clinical Education for Advanced Practice Nurses through Academic-Practice Partnerships.”*

Karen Lasater (PI)

**$656,124-** Awarded Fall 2015

USDA - Regional Nutrition Education and Obesity Prevention Center of Excellence (Co-PI) *“SNAP and EFNEP Nutrition Education and Obesity Prevention Center of Excellence.”*

Laura Stephenson (PI)

**$1,000,000-** Awarded Fall 2015