

CURRICULUM VITAE

P.K. NEWBY, ScD, MPH, MS

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MISSION STATEMENT

To harness my passion for science and food to create a healthier and more sustainable world, in all the ways that I can, through projects that inform, inspire, and incite meaningful changes in individuals, communities, and society.
And to fight anti-science with everything I have.

BRIEF BIOGRAPHY & PROFESSIONAL HIGHLIGHTS

P.K. Newby, ScD, MPH, MS is a nutrition scientist, science communicator, gastronome, and author with 25+ years' experience researching diet-related diseases; studying how people make food choices; and teaching students and the public about all things food and nutrition, person to planet. She is an Adjunct Associate Professor of Nutrition at Harvard, where she is an award-winning educator for her class *From Farm to Fork: Why What We Eat Matters*. She was a Research Scientist at Tufts University (2001-2006) and an Associate Professor at Boston University (2006-2012). Her passion for nutrition stems from a life-long love affair with food developed from whipping up fabulous dishes in her own kitchen and working in the restaurant industry for ten years, including two as a cook in a vegetarian café. She was one of the “best undiscovered cooks” and the last woman standing with the domestic goddess Nigella Lawson on ABC's *The Taste* (2014-2015), where she created globally inspired, plant-based cuisine. She cooks at food festivals and in other settings around the country as a way to teach and inspire people how to live their healthiest, most delicious lives, the foundation of her “Healthy Hedonism” philosophy.

Dr. Newby is a passionate thought leader who speaks locally, nationally, and internationally to bring science to today's food conversations. A highlight was at the USA Pavilion on American Food 2.0 “Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat” at Expo Milan, the 2015 world's fair. And she busted nutrition myths and junk-science at the IDEA World Convention in 2017. She consults and has participated on the Private and Public, Scientific, Academic and Consumer Food Policy Group (PAPSAC) at the John F. Kennedy School of Government at Harvard University since 1999. She serves as science advisor and/or sits on the board of several companies and nonprofits, including Virgin Pulse, True Health Initiative, and Adeo Health.

Dr. Newby's newest book is *Food & Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). She also authored of *Superfoods* (National Geographic, 2016) and two ebooks focused on workplace health (Virgin Pulse, 2015); coauthored *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014); and blogs at *Cooking & Eating the PK Way*. Her new book is in the works.

Dr. Newby holds a doctorate from Harvard School of Public Health (HSPH) Department of Nutrition (ScD), where she focused on obesity and chronic disease prevention. She earned master's degrees in human nutrition (MS) and public health (MPH) from Columbia University, where she studied how people make food choices and how they impact our shared environment. A proud New Yorker, her undergraduate work at SUNY-Albany (BS) focused on social welfare, psychology, and sociology. An actor and producer by avocation with a strong entrepreneurial spirit, she is the founder and President Emeritus of one of Boston's preeminent theater companies, now in its 21st season. Hobbies include traveling, yoga, marathon-ing, reading, music, and entertaining. She was born in Montréal and lives with her husband and feisty black lab in Brookline, Massachusetts. Visit pknewby.com for more information.

TEACHING HIGHLIGHTS

Harvard University Extension School - Cambridge, MA

8/11-12/2016

Course Creator, Director, and Main Lecturer

- **Class: Food, Nutrition, and the Environment: The Science of Why What We Eat Matters** (previously named *From Farm to Fork: Why What You Eat Matters*, 2011-15) Graduate Program in Sustainability and Environmental Management, Environmental Science Department
- Developed and directed a 125+ student multidisciplinary course (offered on campus and online) focusing on the personal and planetary implications of food choices covering such topics as nutrition and human health; agriculture and food production; food and nutrition policy; and environmental degradation, climate change, and sustainability
- Delivered lectures and led discussions on human diets, paleo to present; diet and obesity, global nutrition, hunger, and food policy; tools for healthy eating; and the future of food
- Developed food- and cooking-related assignments and exams to demonstrate learned concepts
- Had full administrative responsibility for the course including development of syllabus, coursework, grading, and managing teaching staff
- Received “Innovation in Teaching” award from Harvard University (2015-2016)

Harvard T.H. Chan School of Public Health - Boston, MA

8/97-12/05; 2015

Course Creator, Director, and Main Lecturer (2015-present); Course Leader (9/01-12/05); Lecturer (8/99-12/05); Teaching Assistant (9/99-9/01)

- **Class: Food Science and Technology: Implications for Public Health and Nutrition**, Department of Nutrition
- Developed syllabus, coursework, assignments, and inter-disciplinary seminars with government, consumer, and industry perspectives for doctoral-level course
- Remodeled the course in 2003 from a single page syllabus focused on food science to a 15-page, comprehensive syllabus including critical public health nutrition components
- Delivered lectures on current trends in food production; consumer perspectives on the food supply; agricultural influences on food and public health; and the role of nutrition in the future of global food systems
- Assumed administrative responsibility for the course, including development of syllabus, coursework, and grading

Boston University Metropolitan College - Boston, MA

7/11-7/12

Course Creator, Director, and Main Lecturer

- **Class: Food and Nutrition: A Matter of Health**, Program in Gastronomy, Culinary Arts, and Wine Studies
- Developed a novel, discussion-based course designed to introduce major concepts in nutrition and diet to students of food studies and other disciplines with limited or no background in the basic sciences to expose students to key issues in the field and to build skills and knowledge to apply when approaching and integrating diet and nutrition in personal and professional settings.

- Delivered all lectures on such topics as basic nutrition science; dietary guidelines, food labels, and health claims; over- and under-nutrition; food, public health, and agriculture; and nutrition in the media.
- Assumed full administrative responsibility, including development of syllabus, coursework, grading, and leading discussions on current topics in the research and media

RESEARCH HIGHLIGHTS

Department of Pediatrics, Boston University School of Medicine - Boston, MA **1/07-9/12**

Associate Professor (12/10-9/12) and Assistant Professor (1/07-11/10)

of Pediatrics, Epidemiology, Nutrition, and Gastronomy & Research Scientist

- Primary appointment: Department of Pediatrics, Boston University School of Medicine
- Additional appointments: Department of Epidemiology, Boston University School of Public Health; Graduate Program in Medical Nutrition Sciences, Boston University School of Medicine; Program in Gastronomy, Culinary Arts, and Wine Studies, Boston University Metropolitan College
- Participated on multiple academic committees
- Served as academic advisor and primary research advisor for master's and doctoral students
- Provided statistical support and mentoring on study design and methods to fellows and faculty
- Taught basic epidemiology and biostatistics to medical residents in the department based on a novel 5 week, 10 course curriculum I developed
- Collaborated with colleagues nationally and internationally within and outside of academia on varied projects, with a focus on deriving dietary patterns in diverse populations and examining associations with obesity-related outcomes and others

**Jean Mayer USDA Human Nutrition Research Center on Aging
at Tufts University - Boston, MA**

11/01-12/06

Scientist III (5/04-12/06) & Postdoctoral Associate (11/01-4/04)

- Principal Investigator on project considering the relations between whole grains and fiber with markers of obesity and diabetes
- Proposed and conducted research project considering the associations of dietary patterns measured using cluster and factor analysis with obesity among adults participating in the Baltimore Longitudinal Study on Aging

Harvard School of Public Health, Department of Nutrition - Boston, MA

8/97- 6/01

Research Assistant & Doctoral Candidate

- Proposed and conducted all phases of doctoral dissertation research project on the dietary etiology of obesity among low-income preschool children
- Additional research project on the validation of a diet quality index

CONSULTING & BOARD MEMBERSHIP

Adeo Health Science – Boston, MA **6/17-present**

Member, Advisory Board

- Provided nutrition expertise to assist translating research into ready-to-eat products for babies and young children to reduce the risk of food allergies.

True Health Initiative – New York, NY **11/16-present**

Member, Council of Directors

- Joined a group of international nutrition experts to reduce nutrition confusion and help consumers make healthful, evidence-based food choices.
- Contributed articles and scientific commentary on nutrition headlines.

World Tomato Society – San Jose, CA **8/16-present**

Member, Advisory Board

- Collaborated with other tomato lovers to highlight the health and culinary benefits of one of world's favorite vegetables-cum-fruits.

Virgin Pulse – Framingham, MA **8/14-8/15**

Consultant; Member, Science Advisory Board

Project: Creating eating behavior change in an employee health setting (health app)

- Provided research expertise and wrote a technical report describing various potential dietary assessment methods and tools to measure what people are eating in a web-based format.
- Advised on logic for applying methods for use in a large-scale employee health program.
- Acted as Science Advisory Member to advise on a broad range of food and nutrition issues.

Mathematica Policy Research, Inc. - Cambridge, MA **7/10-6/11**

Project: Dietary patterns of low-income Americans (white paper)

- Consulted on project examining healthy dietary patterns using cluster analysis among low-income participants and non-participants in federal food programs
- Advised on data analysis and interpretation, specifically regarding the use of cluster analysis
- Contributed to writing of feasibility memos and reports
- Final report was published by the USDA Center for Nutrition Science Policy and Promotion

Scientia Advisors - Cambridge, MA **6/08; 6/09**

Project: Functional foods and bioactives (scientific report)

- Provided research expertise and wrote a technical report and reviewing the science base and literature of various functional food components

Boston Collaborative for Food and Fitness - Boston, MA **6/08-4/09**

Project: Research design, survey development, and data analysis (research)

- Provided research expertise regarding scientific methods, data collection, and analysis of food and physical activity data collected in a community-based research project to measure local food and fitness environments in five low-income neighborhoods in Boston. Project included quantitative and qualitative data.
- Provided assistance on survey development and administration
- Conducted statistical analyses of data and prepared tables and presentations highlighting key findings.

Abt Associates - Cambridge, MA

3/06-5/06

Project: Dietary pattern analysis in federal food programs (feasibility memo and report)

- Consulted on project examining dietary patterns among participants and non-participants in federal food programs such as WIC and the Food Stamp Program
- Advised on data analysis and interpretation, specifically regarding the use of cluster analysis
- Contributed to writing of feasibility memos and reports

Zone Labs - Danvers, MA

9/03-9/04

Project: Research design and data analysis (research)

- Advised on statistical matters, including power, statistical testing, analysis, and interpretation
- Spoke at conferences on topics including glycemic index and essential fatty acids
- Performed statistical analyses of datasets and assisted with manuscript preparation

Body Access - Arlington, MA

9/03-11/03

Project: Diet and weight education (health education seminar)

- Developed and conducted workshop with health club members on diet and weight management

Connect Systems - New York, NY; Boston, MA

5/97-10/97

Project: Statistical analysis and technical writing (technical report and specification documentation)

- Collaborated with development team in the creation of client-server software programs
- Wrote technical reports and functional specification documents of developed software products
- Implemented sampling scheme and analysis plan for large dataset of insurance records
- Trained users in statistical software (SPSS)

NYC Department of Health, Health Research Training Program - New York, NY

5/96-7/96

Project: Information technology development for health research

- Proposed and created the data structure for a management information system and local area network to share data regarding public health internships for students
- Conducted requirements and cost-benefit analyses
- Managed and coordinated the implementation of proposed information system
- Developed data collection method for program evaluation research
- Created and implemented office policies and procedures to reflect system changes
- Trained office staff in network use and information management

Community Food and Resource Center - New York, NY

1/95-5/95

Project: Nutrition education and cooking demos (curriculum development)

- Developed a nutrition education curriculum for elementary school students in Central Harlem
- Taught nutrition education and conducted in-class cooking workshops

SELECTED HONORS & AWARDS

2015-2016	Teaching Innovator Award, Harvard University
2011	Top 20 cited articles in 70-year history of <i>Nutrition Reviews</i>
2007	Robert M. Russell Award for Excellence in Scientific Achievement, "Nutrition and Obesity"
2005	Nutrition Leadership Award, Dannon Institute
2003-2007	National Institutes of Health Loan Repayment Program
2002	Certificate of Distinction in Teaching, Harvard College
1997-2000	National Cancer Institute Fellow in Cancer Education and Prevention

INVITED TALKS, PRESENTATIONS & COOKING DEMOS

Louisiana Food Prize. Shreveport, Louisiana, USA. 4-8 October 2017. (*cooking demo and judge*)

IDEA World Convention. Las Vegas, Nevada, USA. 21 July 2017. "Nutrition Myth Busters: Science Fact or Fiction?" (*speaker*)

IDEA World Nutrition & Behavior Change Summit. Las Vegas, Nevada, USA. 22 July 2017. "Guiding Others to Create their Healthiest, Most Delicious Lives." (*speaker*)

Louisiana Food Prize. Shreveport, Louisiana, USA. 24-28 September 2016. (*cooking demo and judge*)

Menus of Change, Culinary Institute of America. Hyde Park, New York, USA. 15-16 June 2016. "Translating the Science of Healthy and Sustainable Eating into Delectable Meals." (*host and moderator*)

WYSS Institute for Biologically Inspired Engineering, Harvard University. Boston, Massachusetts, USA. 27 January 2016. "What to Eat in 2016: Nutrition Translation and Science Communication in the 21st Century." (*speaker*)

Dana Farber Cancer Institute. Boston, Massachusetts, USA. 20 January 2016. "Run Your Best Marathon: Nutrition for Optimal Performance." (*speaker*)

Expo Milan 2015: Feeding the Planet, Energy for Life. USA Pavilion, American Food 2.0. Milan, Italy. 26 October 2015. "Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat." (*speaker*)

Let's Talk About Food Festival. Boston, Massachusetts, USA. 3 October 2015. "School Food and Nutrition: Keeping Kids Healthy." (*speaker*)

Boston Local Food Festival. Boston, Massachusetts, USA. 20 September 2015. "Live Your Healthiest Life, Deliciously." (*cooking demo and presentation*)

Virgin Pulse. Framingham, Massachusetts, USA. 9 April 2015. "The Science of Healthy Eating: Six Steps for Making Healthy Choices in the Workplace, and Beyond." (*speaker, online webinar*)

Harvard School of Public Health. Boston, Massachusetts, USA. 23 March 2015. "The Nutrition Confusion Problem: Where's the Science in Today's Food Conversations?" (*speaker*)

Boston University School of Management. Boston, Massachusetts, USA. 8 April 2015. "Beyond Sustainability: The Future of Health Innovations." (*panel participant*)

Dana Farber Cancer Institute. Boston, Massachusetts. 22 February 2015. "Run Your Best Marathon: Nutrition for Optimal Performance." (*speaker*)

Harvard University. Cambridge, Massachusetts, USA. 18 February 2015. "Beyond the Ivory Tower: Communicating and Researching Nutrition in the 21st Century." (*speaker*)

Jacques Pépin Lecture Series. Programs in Food, Wine & the Arts, Boston University Metropolitan College. Boston, Massachusetts, USA. 12 February 2015. "The Future of Food: How Science, Taste, and Technology Shape What We Eat." (*speaker, with food tasting*)

Coolidge Corner Theater, Science on Screen. Brookline, Massachusetts, USA. 6 October 2014. "From Farm to Fork: What We Eat Matters. Reflecting on the Past, Pondering the Present, and Glimpsing the Future of Food." (*speaker, with movie*)

Harvard Extension University International Club. Cambridge, Massachusetts, USA. 19 November 2013 "Nutrition: It's Not Just About You." (*host*)

Boston Local Food Festival. Boston, Massachusetts., USA 12 September 2013. "Making Local Healthy and Delicious." (*cooking demo*)

Fourth Annual Summit on Science Communications. International Food and Information Council. Washington, DC, USA. 7 May 2013. "Communicating Science in a Sea of Anti-science: Helping Consumers Find Food Truths." (*speaker*)

Boston Local Food Festival. Boston, Massachusetts, USA. 10 October 2012. "Glorious Autumn Salads: How and Why to Make Your Own Vinaigrette." (*cooking demo*)

Scientific Approaches to Strengthening Research Integrity in Nutrition and Energetics. New Paltz, New York, USA. 7 August 2012. "Fidelity in Analysis and Research Reporting | Assessment of the Current State: An Overview." (*speaker and moderator*)

International Conference on Diet and Activity Methods. Rome, Italy. 16 May 2012. “Dietary Patterns in 2012 State of the Science: Methodological Advances and Novel Applications.” (*speaker*)

European Child Cohort Network International Workshop. Bristol, England. 18 October 2011. “A Tale of Two Challenges Conducting Longitudinal Studies: Accurately Measuring Diet and Body Composition in Children and Adolescents.” (*speaker*)

United States Department of Agriculture. Dietary Patterns Research Methods Workshop. Washington, DC, USA. 1 September 2011. “Empirically Derived Dietary Patterns: Cluster and Factor Analysis.” (*speaker*)

Lead America. Boston, Massachusetts, USA. 4 August 2011. “Diet and Weight: A Matter of Health.” (*speaker*)

International Society for Behavioral Nutrition and Physical Activity. Melbourne, Australia. 16 June 2011. “Dietary Patterns in 2011 State of the Science: Methodological Advances and Novel Applications.” (*speaker*)

Grand Rounds, Boston Medical Center. Boston, Massachusetts, USA. 16 December 2010. “Diet and Childhood Obesity: What We Don’t Know (And Why) & Where We Need to Go.” (*speaker*)

Lead America. Boston, Massachusetts, USA. 21 July 2010. “Diet and Weight: A Matter of Health.” (*speaker*)

Lead America. Boston, Massachusetts, USA. 18 June 2009. “Diet and Weight: A Matter of Health.” (*speaker*)

International Conference on Diet and Activity Methods. Washington, DC, USA. 6 June 2009. “Dietary Patterns in Nutritional Epidemiologic Research: Past, Present, and Future.” (*speaker*)

University of Alabama-Birmingham. Birmingham, Alabama, USA. 9 April 2009. “Dietary Intakes at in the Reasons for Geographic and Racial Differences in Stroke Risk Study.” (*speaker*)

General Mills Canada. Conference on Whole Grains. Toronto, Canada. 18 September 2008. “Whole Grains and Children: What We Know and Where We Need to Go.” (*speaker*)

Lead America. Boston, Massachusetts, USA. 3 July 2008. “Diet and Weight: A Matter of Health.” (*speaker*)

General Mills Canada. Conference on Whole Grains. Montreal, Canada. 4 June 2008. “Whole Grains and Children: What We Know and Where We Need to Go.” (*speaker*)

International Congress on Vegetarian Nutrition. Loma Linda, California, USA. 4 March 2008. “Plant Foods and Plant-based Diets: Protective Against Childhood Obesity?” (*speaker*)

Council for Responsible Nutrition. Washington, DC, USA. 5 May 2007. “Alternatives to Single Nutrient Studies in Nutritional Epidemiology.” (*speaker*)

Harvard School of Public Health, Department of Nutrition. Boston, Massachusetts, USA. 11 September 2006. “Empirically Derived Eating Patterns: Evolving Methods in Nutritional Epidemiology. Past, Present, and Future.”

Institute of Food Technologists, Symposium on Potential Health Benefits of Whole Food and Their Isolated Bioactive Components. Orlando, Florida, USA. June 2006. “Top to Bottom: Complementary Methods to Understanding the Relation Between Diet and Obesity. From Dietary Patterns to Bioactives.” (*speaker*)

International Conference on Dietary Assessment Methods, Satellite workshop on Methodological Concerns in Food Pattern Analysis. Copenhagen, Denmark. 14 April 2006. “Methodological Challenges of Cluster Analysis.” (*speaker*)

Experimental Biology, Symposium on Dietary Patterns: Challenges and Opportunities in Dietary Patterns Research. San Francisco, California, USA. April 2006. “Data-driven Approaches: Cluster and Factor Analysis.” (*speaker*)

Massachusetts Dietetic Association. Boston, Massachusetts, USA. May 2005. “Eating Patterns and Anthropometric Changes in Low-Income Preschool Children.” (*speaker*)

Simmons College. Boston, Massachusetts, USA. November 2004. “The Relation Between Eating Patterns and Changes in Body Mass Index and Waist Circumference.” (*speaker*)

Maternal and Child Health Obesity: Strategies and Implications. Jackson Hole, Wyoming, USA. May 2004. “Dietary Composition, Beverage Consumption, and Childhood Obesity among Low-income Preschool children participating in the North Dakota WIC program.” (*speaker*)

Maternal and Child Health Obesity: Strategies and Implications. Jackson Hole, Wyoming, USA. May 2004. “The Zone Diet: Implications for Prevention and Treatment of Obesity.” (*speaker*)

TELEVISION & VIDEO

“Nutrition Myth Busters: Science Fact or Fiction?” Educational video recorded at the IDEA World Convention, also available for sale to the public. Las Vegas, Nevada, 2017.

“Guiding Others to Create their Healthiest, Most Delicious Lives.” Educational video recorded at the IDEA World Nutrition & Behavior Change Summit, also available for sale to the public. Las Vegas, Nevada, 2017.

The Taste on ABC. Cooking competition reality show with Anthony Bourdain, Ludo Lefebvre, Nigella Lawson, and Marcus Samuelsson. ABC. One of four members—and the last woman standing—on Nigella Lawson’s team. Los Angeles, Season 3, 2014-2015.

For links to television clips, videos, popular press articles, and more, please visit <https://pknewby.com/media>.

BIBLIOGRAPHY

BOOKS, BOOKAZINES & E-BOOKS

Newby PK. *Food & Nutrition: What Everyone Needs to Know*. New York: Oxford University Press, 2018.

Newby PK. *Superfoods*. Washington, D.C.: National Geographic, 2016.

Newby PK. *Making Healthy Choices: How to Eat in the Workplace and Beyond*. Boston: Virgin Pulse, 2015.

Newby PK. *Healthy Eating at Work: Four Tips for Employers*. Boston: Virgin Pulse, 2015.

Seaver B, **Newby PK.** *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet*. Washington, D.C.: National Geographic, 2014.

BOOK CHAPTERS, REVIEWS & WHITE PAPERS

Bigornia SJ, **Newby PK.** The Obesity Epidemic. In: The SAGE Encyclopedia of Food Issues (K Alba, editor). August 2015.

Kimokoti R, **Newby PK.** Dietary patterns, smoking, and cardiovascular diseases: a complex association. *Current Nutrition Reports* 2013;113-125.

United States Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Ben-Shalom Y, Fox MK, **Newby PK** (authors) and Kinnison K, Genser J (project officers). Characteristics and dietary patterns of healthy and less-healthy eaters in the low-income population. Alexandria, VA: February 2012.

Lazarou C, **Newby PK.** Use of dietary indexes among children in developed countries. *Advances in Nutrition* 2011; Jul 2(4):295-303.

Newby PK. Plant foods and plant-based diets: Protective against childhood obesity? *American Journal of Clinical Nutrition* 2009;89(5):1572S-1587S.

Moeller SM, Millen A, Reedy J, Dixon LB, **Newby PK,** Tucker KL, Krebs-Smith S, Guenther P. Dietary patterns: Challenges and opportunities in dietary patterns research. An Experimental Biology workshop. *Journal of the American Dietetic Association* 2007;107(7):1233-9.

Newby PK. Moving forward the discussion on childhood obesity. *Journal of Law, Medicine & Ethics* 2007;35(1):7-9.

Newby PK. Are dietary intakes and eating behaviors related to childhood obesity? A comprehensive review of the evidence. *Journal of Law, Medicine & Ethics* 2007;35(1):35-60.

Newby PK. Examining energy density: comments on diet quality, dietary advice, and the cost of healthful eating. *Journal of the American Dietetic Association* 2006;106(8):1166-9.

Newby PK. Functional foods. In: Lysen, LK, ed. *Quick reference to clinical dietetics*. Gaithersburg: Aspen Publishers, Inc., 2005.

Newby PK, Tucker KL. Empirically derived eating patterns using factor or cluster analysis: a review. *Nutrition Reviews* 2004; 62(5):177-203. (One of "Top 20" most-cited articles in the journal's 70-year history.)

Newby PK. The future of food: how science, technology, and consumerism shape what we eat. In: Ulm, JW, ed. *Vision: Essays on our Collective Future*. Cambridge: The Dipyron Press, 2003: 3-23.

ORIGINAL RESEARCH ARTICLES

Shikany JM, Safford MM, Bryan J, **Newby PK**, Richman JS, Durant RW, Brown TM, Judd SE. Dietary patterns and Mediterranean Diet Score and hazard of recurrent coronary heart disease events and all-cause mortality in the REGARDS study. *Journal of the American Heart Association* 2018;July12;7(14).

Shikany JM, Safford MM, **Newby PK**, Durant RW, Brown TM, Roth DL, Judd SE. A Southern dietary pattern is associated with risk of acute coronary heart disease in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. *Circulation* 2015. [Epub ahead of print]

Kimokoti RW, Shikany JM, Judd SE, **Newby PK**. Metabolically Healthy Obesity is not Associated with Food Intake in White and Black Men. *Journal of Nutrition* 2015 Nov;145(11):2551-61.

Shikany JM, **Newby PK**, Safford MM, Durant RW, Brown TM, Roth DL, Judd SE. A Southern dietary pattern is associated with risk of acute coronary heart disease in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. *Circulation* 2015. [Epub ahead of print]

Judd SE, Letter AE, Shikany JM, **Newby PK**. Dietary patterns derived using exploratory and confirmatory factor analysis are stable and generalizable across race, region, and gender subgroups in the REGARDS study. *Frontiers in Food and Nutrition* 2015; 1(29):1-10.

Bigornia SJ, Noel SE, LaValley MP, Moore LL, Ness AR, **Newby PK**. Sugar-sweetened beverage intake among children from 10 to 13 years of age and central and total adiposity: a prospective cohort study. *Public Health Nutrition* 2015 May;18(7):1155-63. doi: 10.1017/S1368980014001700

Casazza K, Brown MM, Astrup A, Fontaine KR, Birch LL, Brown AW, Durant N, Dutton G, Foster EM, Heymsfield SB, McIver K, Mehta T, Menachemi N, **Newby PK**, Pate R, Rolls BJ, Sen B, Smith DL Jr, Thomas DM, Allison DB. Weighing the evidence of common beliefs in obesity research. *Critical Reviews in Food Science and Nutrition* 2015;55(14):2014-53. doi: 10.1080/10408398.2014.922044

Shikany JM, Judd SE, Letter AE, **Newby PK**. Dietary contributors to glycemic load vary by race/sex groups in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. *Nutrition* 2015 May;31(5):708-15. doi: 10.1016/j.nut.2014.11.017

Chiang S, **Newby PK**, Paulus J, Boynton-Jarrett R, Huang, CC. Tuberculosis screening among Bolivian sex workers and their children. *Journal of Epidemiology and Global Health* 2015 Jun;5(2):205-10. doi: 10.1016/j.jegh.2014.06.002

Kimokoti RW, Shikany JM, Judd SE, **Newby PK**. Food intake does not differ between obese women who are metabolically healthy or abnormal. *Journal of Nutrition* 2014 Dec;144(12):2018-2.

Smith ADC, Emmett PM, **Newby PK**, Northstone K. Dietary patterns and changes in body composition in children between 9 and 11 years. *Food and Nutrition Research* 2014;58:22769.

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Gutiérrez OM, Muntner P, Rizk DV, McClellan WM, Warnock DG, **Newby PK**, Judd SE. Dietary patterns and risk of death and progression to ESRD in individuals with CKD: a cohort study. *American Journal of Kidney Diseases* 2014 Mar 27. [Epub ahead of print]

Casazza K, Fontaine KR, Astrup A, Birch LL, Brown AW, Bohan Brown MM, Durant N, Dutton G, Foster EM, Heymsfield SB, McIver K, Mehta T, Menachemi N, **Newby PK**, Pate R, Rolls BJ, Sen B, Smith DL Jr, Thomas DM, Allison DB. Myths, presumptions, and facts about obesity. *New England Journal of Medicine* 2013; Jan 31;368(5):446-54.

Judd SE, Gutiérrez OM, **Newby PK**, Howard G, Howard VJ, Locher JL, Kissela BM, Shikany JM. Dietary patterns are associated with incident stroke and contribute to excess risk of stroke in black Americans. *Stroke* 2013 Dec;44(12):3305-11.

Budzynska K, West P, Savoy-Moore, R, Lindsey D, **Newby PK**. A food desert in Detroit: associations with eating and shopping behaviors, dietary intakes, and obesity. *Public Health Nutrition* 2013 Dec;16(12):2114-23. Epub 2013 May 7.

Bigornia SJ, LaValley MP, Benfield LL, Ness AR, **Newby PK**. Relationships between direct and indirect measures of central and total adiposity in children: what are we measuring? *Obesity* 2013 Oct;21(10):2055-62. Epub 2013 Jun 11.

Noel SE, Ness AR, Northstone K, Emmett PE, **Newby PK**. Associations between flavored milk consumption and changes in weight and body composition over time: differences among normal and overweight children. *European Journal of Clinical Nutrition* 2013 Mar;67(3):295-300.

Wright JA, Phillips BD, Watson BL, **Newby PK**, Norman GJ, Adams WG. Randomized trial of a family-based, automated, conversational obesity treatment program for underserved populations. *Obesity* 2013 Sep;21(9):E369-78. Epub 2013 Jun 11.

Tomedi LE, Chang CH, **Newby PK**, Evans RW, Luther JF, Wisner KL, Bodnar LM. Pre-pregnancy obesity and maternal nutritional biomarker status during pregnancy: a factor analysis. *Public Health Nutrition* 2013; Mar 25:1-5.

Smith ADAC, Emmett PM, **Newby PK**, Northstone K. Dietary patterns obtained through principal components analysis: the effect of input variable quantification. *British Journal of Nutrition* 2013 May;109(10):1881-1891.

Kimokoti RW, **Newby PK**, Gona P, Zhu L, McKeon-O'Malley C, Guzman JP, D'Agostino RB, Millen BE. Patterns of weight change and progression to overweight and obesity differ in men and women: implications for research and interventions. *Public Health Nutrition* 2012 Aug 31;1-13.

Kimokoti RW, Gona P, Zhu L, **Newby PK**, Brown LS, Millen BE, D'Agostino RB, Fung TT. Dietary patterns of women are associated with abdominal obesity but not metabolic syndrome. *Journal of Nutrition* 2012 Sep;142(9):1720-1727.

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