

# CURRICULUM VITAE

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## 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 junk-science with everything I have.

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## 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*. Her newest book is *Food & Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). She also authored *Superfoods* (National Geographic, 2016) and two ebooks focused on workplace health (Virgin Pulse, 2015) and coauthored *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). She communicates regularly with the public through her blog, *Cooking & Eating the PK Way*, and free e-books such as *Creating a Healthy Diet: Change is Possible*.

Dr. Newby's passion for nutrition stems from a life-long love affair with food developed from whipping up fabulous dishes in her own kitchen and working part-time in the restaurant industry for ten years, including as a cook in a vegetarian café. She was one of the "best undiscovered cooks" and 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 most delicious lives, the foundation of her unique "Healthy Hedonism" philosophy.

Dr. Newby is a passionate thought leader who speaks locally, nationally, and internationally on a wide range of topics, from farm to fork. Highlights include "Produce Matters: Why Plants are Key to Health" at SXSW 2019 (Austin, TX); "Nutrition Myth Busters: Science Fact or Fiction?" at IDEA World Convention 2017 (Las Vegas, NV); and "Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat" at the USA Pavilion on American Food 2.0, Expo Milan 2015 (Milan, Italy). She also interviewed Chewbacca (!) as part of her talk at the 2019 Sci-Fi Food event at the Museum of Science (Boston, MA). She serves as science advisor to, sits on the boards of, and consults with, organizations ranging from local nonprofits to international research policy groups and global food companies.

Dr. Newby previously served as an Associate Professor at Boston University (2006-2012) and as Scientist I and Assistant Professor at Tufts University (2003-2006), where she also completed a postdoc (2001-2003). She holds a doctorate from Harvard T.H. Chan School of Public Health 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 the environment. Her undergraduate work at SUNY-Albany (BS) focused on social welfare, psychology, and sociology. She started her own company in 2012 to bring science back to the center of today's critical food and nutrition conversations with her motto "Nutrition Confusion Ends Here." [www.pknewby.com](http://www.pknewby.com)

## **EDUCATION**

- Harvard University - Boston, MA** **2001**
- **Doctor of Science**  
Program in Nutritional Epidemiology  
Department of Nutrition, School of Public Health
- Columbia University - New York, NY** **1996**
- Dual master's degree program in Public Health Nutrition
  - **Master of Public Health**  
Program in Health Promotion and Disease Prevention  
Department of Sociomedical Sciences, School of Public Health
  - **Master of Science**  
Program in Human Nutrition  
Institute of Human Nutrition, College of Physicians and Surgeons
- State University of New York - Albany, NY** **1992**
- **Bachelor of Science**  
School of Social Welfare
  - Major: Social Welfare, Minors: Psychology and Sociology

## **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 *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**

**Epicure – Vancouver, Canada**

**11/18-present**

*Member, Scientific and Nutrition Advisory Board*

- Provided nutrition expertise on research translation and brand and product positioning in the company's move to the US market.

**Viocare – Princeton, NJ**

**10/18-present**

*Project: Analyzing differences in food and nutrient intakes for a dietary intervention study.*

- Provided analysis direction and results interpretation of a clinical trial comparing dietary intakes of an intervention trial on irritable bowel disease.

**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**

MedFit Tour. Seattle, WA, USA. 16 August 2019. “How to Harness the Power of Nutrition Science for Health and Longevity.” (*speaker*)

Epicure Annual Conference. Las Vegas, NV, USA. 7 August 2019. “Food & Nutrition: What You Need to Know” (*speaker*)

Harvard University Extension School. Cambridge, MA, USA. 20 June 2019. “The Top Five Things Everyone Needs to Know About Food & Nutrition.” (*live webinar*)

American Society for Nutrition. Nutrition 2019 Annual Meeting. Baltimore, MD, USA. 9 June 2019. “Challenges in Research Translation: Combating Nutrition Confusion.” (*speaker*)

Seeds and Chips. Milan, Italy. 6 May 2019. “Food Evolution: The Final Frontier | Nutrition Science and Food Technology are the Foundation of Health and Sustainability, People to Planet.” (*speaker*)

Museum of Science, Sci-Fi Food. Boston, MA, USA. 4 May 2019. “Tea. Earl Grey. Hot. | How Science, Technology, and *You* Shape the Future of Food.” (*speaker*)

Fordham University. New York, NY, USA. 4 April 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

SXSW Interactive. Austin, TX, USA. 8 March 2019. “Produce Matters: Why Plants are Key to Health.” (*speaker, panel participant*)

Dolphin Bookshop. Port Washington, NY, USA. 27 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

Longfellow Books, Portland, ME, USA. 20 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

Dana Farber Cancer Institute. Boston, MA, 2019. 16 January 2019. “Run Your Best Boston Marathon 2019: Nutrition for Optimal Performance.” (*speaker*)

Harvard University Extension School. Cambridge, MA, USA. 14 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

The Book Larder. Chicago, IL, USA. 9 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

Annie Bloom’s Books. Portland, OR, USA. 8 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

Third Place Books-Lake Forest. Seattle, WA, USA. 7 January 2019. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

University College-London. London, England, UK. 13 November 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

University of Bristol. Bristol, England, UK. 12 November 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

University of Toronto. Toronto, Canada. 23 October 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

WGBH Food & Wine Festival. Boston, Massachusetts, USA. 16 October 2018. “Creating Healthy, Delicious, and Sustainable Meals.” *(cooking demo)*

Omnivore Books. San Francisco, CA, USA. 30 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

University of California at Berkeley, School of Public Health. San Francisco, CA, USA. 27 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

Momed. Los Angeles, CA, USA. 24 September 2018. “From Farm to Fork: Translating Principles of Health and Sustainability to Our Plates.” *(speaker)*

Pacific Food and Beverage Museum. Los Angeles, CA, USA. 22 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*

John Snow, Inc., Washington, DC, USA. 18 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Four.” *(webinar)*

Natural Resources Defense Council. Washington, DC, USA. 17 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Four.” *(webinar)*

Bluestockings Bookstore, Activist Center, & Fair Trade Café. New York, NY, USA. 17 September 2018. “From Farm to Fork: How Our Choices Impact Food Producers, Society, and the Planet We Share.” *(speaker)*

Boston Local Food Festival. Boston, Massachusetts, USA. 16 September 2018. “Creating Healthy, Delicious, and Sustainable Meals.” *(cooking demo)*

City University of New York, Graduate School of Public Health and Health Policy. New York, NY, USA. 13 September 2018. “Nutrition Translation From Farm to Fork: Understanding and Overcoming Challenges in Science Communication to Improve Food Systems and Public Health.” *(speaker)*

Port Washington Public Library. Port Washington, NY, USA. 12 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker, with cooking demo)*

Fordham University, Gabelli School of Business. New York, NY, USA. 10 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” *(speaker)*



Harvard COOP Bookstore. Cambridge, MA, USA. 10 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

Unidine. Boston, MA, USA. 5 September 2018. “Beyond Individual Health: How Our Food Choices Impact the World We Share.” (*webinar*)

Brookline Booksmith. Boston, MA, USA. 4 September 2018. “What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five.” (*speaker*)

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 21<sup>st</sup> 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 21<sup>st</sup> 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.” (*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 21<sup>st</sup> 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. “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.” (*speaker and 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.” (*speaker*)

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, & RADIO**

NBC10 / NECN / Telemundo. Boston, MA. “The Climate Project: Your Role, Your Impact.” April 2019. (*television documentary, local primetime television*)

News Center Maine. Portland, Maine. January 28, 2019. (*television, local afternoon show*)

Jimmy Kimmel Live. ABC. New York, NY. January 10, 2019. (*television, late night comedy clip*)

Afternoon Live, KATU. Portland, Oregon. January 9, 2019. (*television, local afternoon show*)

AM Northwest, KATU. Portland, Oregon. January 9, 2019. (*television, local morning show*)

Changing Lives—For the Health of It. February 10, 2019. “Food & Nutrition: What Everyone Needs to Know.” (*podcast*)

Your Family’s Health, WHPC. Long Island, NY. January 30, 2019. “Nutrition in the New Year.” (*radio and podcast*)

Living Lab Radio, WBGH / WCAI / NPR. Boston and Cape Cod, MA. January 6, 2019. “Food & Nutrition: What Everyone Needs to Know.” (*radio*)

Your Family’s Health, WHPC. Long Island, NY. October 10, 2018. “Food & Nutrition: What Everyone Needs to Know.” (*radio and podcast*)

Airwaves, KWMR. September 25, 2018. Los Angeles, CA. “Food & Nutrition: What Everyone Needs to Know.” (*radio and podcast*)

IDEA Fitness, Inc. 2017. Las Vegas, Nevada. “Nutrition Myth Busters: Science Fact or Fiction?” (*online video*)

IDEA Fitness, Inc. 2017. Las Vegas, Nevada. “Guiding Others to Create their Healthiest, Most Delicious Lives.” (*online video*)

Gastropod. January 20, 2015. Boston, MA. “Breakfast of Champions.” (*podcast*)

The Taste. ABC. Season 3, 2014-2015, with Anthony Bourdain, Ludo Lefebvre, Nigella Lawson, and Marcus Samuelsson. Los Angeles, CA. (*national primetime television, cooking competition reality show*)

Wisconsin Public Radio / NPR. Madison, WI. October 3, 2014. “National Geographic Foods for Health: Choose and use the Very Best Foods for Your family and Our Planet.” (*radio*)

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

## **BIBLIOGRAPHY**

### **BOOKS, BOOKAZINES & E-BOOKS**

**Newby PK.** *Creating a Healthy Diet: Change is Possible.* Boston, MA: P.K. Newby, 2019.

**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.

**Newby PK,** with Barton Seaver. *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**

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