

CURRICULUM VITAE

SARAH GONZALEZ-NAHM

EDUCATION AND TRAINING

Education:

2011 to 2016	PhD, University of North Carolina at Chapel Hill Gillings School of Global Public Health Major: Maternal and Child Health Minor: Epidemiology
2006 to 2007	MPH, University of North Carolina at Chapel Hill Gillings School of Global Public Health Major: Public Health Nutrition
2000 to 2004	BSPH, University of North Carolina at Chapel Hill Gillings School of Global Public Health Major: Public Health Nutrition

Postdoctoral Training:

2016 to 2018	Postdoctoral Fellow Department of Health, Behavior and Society Johns Hopkins Bloomberg School of Public Health
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Professional Training:

2004 to 2005	Dietetic Internship, Meredith College, Raleigh, NC
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Licensure:

2005	Registered Dietitian Academy of Nutrition and Dietetics
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PROFESSIONAL EXPERIENCE

8/24/2020 to present	Assistant Professor Department of Nutrition School of Public Health and Health Sciences University of Massachusetts Amherst
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10/1/18 to 8/5/2020	Assistant Scientist and Deputy Director of the Lerner Center for Public Health Promotion Department of Health, Behavior and Society Johns Hopkins Bloomberg School of Public Health
9/19/16 to 9/30/18	Postdoctoral Fellow Department of Health, Behavior and Society Johns Hopkins Bloomberg School of Public Health
8/22/11 to 8/10/15	Graduate Research Assistant Department of Maternal and Child Health Gillings School of Global Public Health University of North Carolina at Chapel Hill
6/1/08 to 8/15/11	Nutrition Specialist Durham County Health Department Durham, NC
8/1/07 to 4/30/08	Mission Delivery Manager American Cancer Society Raleigh, NC
7/1/05 to 7/1/06	Nutrition Coordinator Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Robeson County Health Department Lumberton, NC

EDITORIAL ACTIVITIES

Peer Review Activities:

- Journal of the Academy of Nutrition and Dietetics
- American Journal of Clinical Nutrition
- Obesity Research & Clinical Practice
- Journal of Human Lactation
- BMJ Open
- Preventive Medicine
- BMC Public Health

BMJ
Maternal and Child Health Journal
Nutrients
British Journal of Nutrition
Appetite

AWARDS

Lerner Center for Public Health Promotion Postdoctoral Fellowship, Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, 2017 to 2018

Cynthia Cassel Doctoral Dissertation Award, Department of Maternal and Child Health, University of North Carolina at Chapel Hill, 2015 to 2016

Minority Presence Fellowship, University of North Carolina at Chapel Hill, 2011 to 2012

Scholars for Tomorrow Fellowship, University of North Carolina at Chapel Hill, 2006 to 2007

Maternal and Child Health Leadership Traineeship, University of North Carolina at Chapel Hill, 2006 to 2007

PUBLICATIONS

Peer-Reviewed Journal Articles:

1. **Gonzalez-Nahm S**, Mendez MA, Robinson WR, Murphy SK, Hoyo C, Hogan VK, Rowley DR. Low maternal adherence to a Mediterranean diet is associated with increase in methylation at the *MEG3-IG* differentially methylated region in female infants. *Environmental Epigenetics*. 2017; 3:1-10.
2. Costa S, Adams J, **Gonzalez-Nahm S**, Benjamin Neelon SE. Childcare in infancy and later obesity: A narrative review of longitudinal studies. *Current Pediatrics Reports*. 2017;5(3):118-131.
3. **Gonzalez-Nahm S**, Grossman ER, Frost N, Benjamin-Neelon SE. Early Feeding in Child Care: Are State Regulations Supporting Breastfeeding? *Preventive Medicine*. 2017; 105:232-236.
4. Benjamin Neelon SE, **Gonzalez-Nahm S**, Grossman E, Davis MN, Neelon B, Ayers Looby A, Frost N. State Variations in Infant Feeding Regulations for Child Care. *Pediatrics*. 2017; 140(6).

5. Hogan VK, Araujo EM, **Gonzalez-Nahm SN**, Black KZ, Caldwell K. "We Black Women Have to Kill a Lion Everyday": Toward an Intersectional Analysis of Racism and Social Determinants of Health in Brazil. *Social Science and Medicine*. 2018; 199:96-105.
6. Hogan VK, Rowley, DL, Brooks PE, **Gonzalez-Nahm SN**, Berthiaume R, Thompson Y, Derige D. Achieving Breastfeeding Equity: A Study of a National Breastfeeding Initiative. *Breastfeeding Medicine*. 2018; 13(2):142-148.
7. Grossman ER, **Gonzalez-Nahm S**, Frost N, Benjamin Neelon SE. Childcare Providers' Possession or Use of Marijuana, Tobacco, or Alcohol While Caring for Children: A Comparison of US State Regulations. *American Journal of Public Health*. 2018; 108(6):748-753.
8. **Gonzalez-Nahm S**, Grossman ER, Babcock C, Frost N, Benjamin Neelon SE. Media and young minds: Comparing screen time regulations for infants and toddlers in early care and education to national standards. *Maternal and Child Health Journal*. 2018; 22(4):445-453.
9. **Gonzalez-Nahm SN**, Mendez MA, Benjamin Neelon SE, Murphy SK, Hogan VK, Rowley DL, Hoyo C. DNA methylation of imprinted genes at birth is associated with child weight status at 1 and 3 years of age. *Clinical Epigenetics*. 2018; 10:90.
10. Benjamin-Neelon SE, Neelon B, Pearce J, Grossman E, **Gonzalez-Nahm S**, Slining M, Duffey K, Frost N. State regulations promoting infant physical activity in early care and education. *Childhood Obesity*. 2018; 14(6):368-374.
11. House JS, Mendez M, Maguire RL, **Gonzalez-Nahm S**, Huang Z, Daniels J, Murphy SK, Fuemmeler BF, Wright FA, Hoyo C. Periconceptional Maternal Mediterranean Diet is Associated with Favorable Offspring Behaviors and Altered CpG Methylation of Imprinted Genes. *Frontiers in Cell and Developmental Biology*. 2018; 6:107.
12. **Gonzalez-Nahm S**, Grossman ER, Benjamin-Neelon SE. The role of equity in state breastfeeding policy. *JAMA Pediatrics*. 2019; 173(10):908-910.
13. **Gonzalez-Nahm S**, Hoyo C, Østbye T, Benjamin-Neelon SE. Associations of maternal diet with infant adiposity at birth, 6 months, and 12 months. *BMJ Open*. 2019; 9:e030186
14. Ayers Looby A, Frost N, **Gonzalez-Nahm S**, Grossman ER, Ralston Aoki J, Benjamin-Neelon SE. State regulations to support children's cultural and religious food preferences in early care and education. *Maternal and Child Health Journal*. 2020; 24:121-126.
15. **Gonzalez-Nahm S**, Bhatti A, Ames M, Zaltz D, Benjamin-Neelon SE. A public health messaging campaign to reduce caloric intake: Feedback from expert stakeholders. *Journal of Nutrition Education and Behavior*. 2020; 52(6):595-606.

16. **Gonzalez-Nahm S**, Nihlani K, House JS, Maguire RL, Skinner HG, Hoyo C. Associations between maternal cadmium exposure with risk of preterm birth and low birth weight: Effect of Mediterranean diet adherence on affected prenatal outcomes. *Toxics*. 2020; Epub ahead of print.

Manuscripts under review

1. **Gonzalez-Nahm S**, Østbye T, Hoyo C, Kravtiz RM, Benjamin-Neelon SE. Association between food security, diet quality, and dietary intake during pregnancy. Under Review.

Reports:

1. Hogan VK, Rowley DL, Brooks PE, **Gonzalez-Nahm SN**, Jackson FM, Jones L, Stevens E. Enhancing Equity Impacts of the First Food Breastfeeding Initiative Evaluation Report. W.K. Kellogg Foundation, First Food Initiative, May 2014

Editorials and media articles:

1. **Gonzalez-Nahm S**. Make Monday Family Night with Homemade Pizza. *Our Children, National PTA's Unique Voice for Parents*. Published October 20, 2017.

PRACTICE ACTIVITIES

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| 2018 | Webinar: National Collaborative for Advancing Breastfeeding in Child Care
<u>Breastfeeding in child care: A comparison of regulations across the United States</u> |
| 2019 | In-service training for University of Maryland Extension Nutrition Educators
<u>Cultural Influences on Diet and Health</u> |

TEACHING

Lead instructor

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| 2021 | Advanced Writing Seminar (graduate), Spring 2021
Department of Nutrition
University of Massachusetts Amherst |
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Guest lecturer

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| 2017 | <i>The Impact of US Law in Public Health, Fall 2017</i>
Honors College
University of Maryland Baltimore County |
| 2018 | <i>Scientific Writing in Health Sciences, Spring 2018</i> |

Department of Health, Behavior and Society
Bloomberg School of Public Health

- 2018 *The Impact of US Law in Public Health, Fall 2018*
Honors College
University of Maryland Baltimore County
- 2018 *Family Health, Public Health and Policy, Spring 2019*
Population, Family and Reproductive Health
Bloomberg School of Public Health
- 2019 *Scientific Writing in Health Sciences, Spring 2019*
Department of Health, Behavior and Society
Bloomberg School of Public Health
- 2020 *The Impact of US Law in Public Health, Spring 2020*
Honors College
University of Maryland Baltimore County
- 2020 *Health Equity and the Social Determinants of Health, Spring 2020*
Pediatric Critical Care Global Health Fellowship Program
University of Maryland School of Medicine

Teaching assistant

- 2012 *Understanding Health Inequities in the US, Spring 2012*
Department of Maternal and Child Health
Gillings School of Global Public Health
University of North Carolina at Chapel Hill

RESEARCH GRANT PARTICIPATION

Completed grants

1. *Assessing the breastfeeding policy landscape through a health equity framework*

Robert Wood Johnson Foundation, New Connections

Role: PI Project Period: 9/1/2017 to 11/30/2017 Total Costs: \$50,000

Grant objectives: To assess state-level breastfeeding policies and their potential to improve or hinder equity in breastfeeding.

2. *Analysis of Baby Friendly Hospitals: Assessing coverage among vulnerable communities*

W.K. Kellogg Foundation

PI: Sara Benjamin Neelon

Role: Co-I Project Period: 3/1/18 to 8/31/20

Total Costs: \$348,204

Grant objectives: 1) To map and assess equity in the distribution of Baby-Friendly Hospital Initiative facilities throughout the US; 2) to assess breastfeeding support practices within birthing facilities to determine barriers and facilitators of adopting the Baby-Friendly model; and 3) to assess stakeholder input for the development of an equity-focused breastfeeding system of care that includes community resources, birthing facilities, payer systems, and other resources.

PRESENTATIONS

Scientific Meetings (oral presentations):

- 2017 Healthy Eating Research, Robert Wood Johnson Foundation. St. Paul, Minnesota
Gonzalez-Nahm SN, Grossman E, Ayers Looby A, Frost N, Benjamin Neelon SE.
Licensing laws supporting healthy feeding and active play for infants and toddlers in early care and education
- 2018 Breastfeeding and Feminism International Conference, Chapel Hill, NC
Gonzalez-Nahm S, Grossman E, Benjamin Neelon SE.
Are state laws supportive of equity in breastfeeding?
- 2019 American Society for Nutrition
Gonzalez-Nahm S, Neelon B, Benjamin Neelon SE.
Income and unemployment are associated with proportion of Baby-Friendly Hospital Initiative Facilities in the US

Invited Seminars:

- 2017 Nutrition and Behavioral Sciences Symposium
Universidad Autonoma Baja California, Tijuana, Mexico
DNA methylation and early childhood weight status
- 2017 Department of Health, Behavior and Society
Johns Hopkins Bloomberg School of Public Health.
The state of breastfeeding regulations in child care
- 2018 Obesity Policy Research group
National Institutes of Health
Breastfeeding Policy and Equity in the US

2018 Department of International Health
 Johns Hopkins Bloomberg School of Public Health
 Breastfeeding Policy, Supports, and Equity in the US

CONTINUING EDUCATION

Teaching seminar

2017 Summer Teaching Institute, Summer 2017
 Johns Hopkins University