

# Jennifer Savage Williams, Ph.D.

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## EDUCATION:

2008 Nutritional Sciences, Ph.D.  
The Pennsylvania State University  
Minor: Human Development and Family Studies

2005 Nutritional Sciences, M.S.  
The Pennsylvania State University

2000 Dual major: Nutrition and Dietetics; Dietetics and Sports Nutrition, B.S.  
Mansfield University of Pennsylvania  
Minor: Behavioral Psychology of Human Development

## POSITIONS HELD:

2019 – Present Associate Professor, Department of Nutritional Sciences,  
The Pennsylvania State University

2017 – Present Director, Center for Childhood Obesity Research,  
The Pennsylvania State University

2014 – 2019 Assistant Professor, Department of Nutritional Sciences,  
The Pennsylvania State University

2014 – 2017 Interim Director, Center for Childhood Obesity Research,  
The Pennsylvania State University

2011 – 2014 Research Assistant Professor, Department of Nutritional Sciences,  
The Pennsylvania State University

2008 – 2013 Associate Director, Center for Childhood Obesity Research,  
The Pennsylvania State University

2006 – 2012 Instructor, Department of Nutritional Sciences  
The Pennsylvania State University

2002 – 2008 Graduate Research Assistant, The Children's Eating Laboratory,  
The Pennsylvania State University

## AWARDS AND HONORS:

2019 – 2020 Barnes & Noble Education Award

2017 – 2018 Thomas Nardozzo Community Endowment Award

2017 – 2018 Secretary/Treasurer for TOS Pediatric Obesity Section

2016 – 2020 Ann Atherton Hertzler Early Career Professorship in Nutrition

2015 – 2017 Councilor for TOS Pediatric Obesity Section

2005 – 2008 Hershey Foods Graduate Fellowship, Penn State University

2001 Mansfield University Outstanding Senior: Nutrition Department

1999 Mansfield University Scholar Athlete Award

1997 – 2000 Dean's List, Mansfield University

## RESEARCH GRANTS AND PROJECTS FUNDED:

### ACTIVE

R01DK120754-01 (Savage Williams) 7/2019 – 4/2024 \$3,242,214

National Institute of Health [fundable score, 1<sup>st</sup> submission 6<sup>th</sup> percentile]

#### **ONE PATH: Optimizing Nutrition Education for Parents and Teachers for Healthy Growth**

The overall objective of the ONE PATH study is to design an optimized, scalable multi-component responsive feeding intervention that changes caregiver feeding practices (Head Start providers and parents) and the food environment (home and HEAD Start classroom) to promote child appetite self-regulation and healthy food among underserved preschoolers (age 3-5 years) living in rural poverty. ONE PATH will intervene on 816 families in 48 classrooms, divided into 3 cohorts with each cohort receiving the intervention throughout 1 school year (Sept through May).

Role: Principal Investigator

2 R01 DK088244-07A1 (Paul) 4/2018 – 3/2023 \$3,356,198

National Institute of Health/NIDDK

#### **Preventing Obesity through Interventions during Infancy (INSIGHT II)**

This research will test the sustained effects of a novel responsive parenting early intervention program to prevent childhood obesity. Effects on BMI at ages 6 and 9 will be tested, as will, the early intervention effects on parenting and behavioral outcomes.

Role: Co-Investigator

OSP# 199784 (Erin LeBlanc) 9/2018 – 8/2020 \$ 57,842

Kaiser Foundation Research Institute, a Division of Kaiser Foundation Hospitals

#### **Extended Effects of a Pre-Pregnancy Weight Loss Program: Follow up of the Prepare Cohort**

The overall objective of the project is to conduct an observational study of mother-offspring dyads from a randomized trial of a prepregnancy weight loss intervention.

Role: Co-Investigator

2015-68001-23233 (Francis) 4/2015 – 3/2020 \$4,565,594

United States Department of Agriculture

#### **Healthy Habits: Modifying Family and Preschool Environments to Prevent Obesity**

The goal of this project is to test the effectiveness of self-regulation training, repeated exposure and tasting, parent education, and physical activity on childhood obesity prevention in Head Start classrooms.

Role: Co-Investigator

OSP# 204362 (Savage Williams) 10/2018 – 9/2019 \$ 451,027  
United States Department of Agriculture, Pennsylvania Department of Health; Pennsylvania Supplemental Nutrition Assistance Program Education (PA SNAP-Ed)

**Promoting Healthy Behaviors among Low-Income Families**

The goal of this program is to deliver obesity prevention interventions designed to promote healthy eating and physical activity behaviors among low-income families and to increase the willingness of low-income children to try new foods. We work with our community partners to implement Policy, Systems, and Environmental Interventions (PSE). For example, we are working with our Head Start partners to improve the environment in their centers to better support healthy eating behaviors and daily physical activity for the children enrolled (Go NAP SACC). In addition to community outreach, the following research projects are ongoing: development and evaluation of interactive online responsive feeding curriculum that targets low-income parents of infants and toddlers, using social media and other technologies to increase parent engagement, and adapting evidence-based curricula for delivery in a low-income setting.

Role: Principal Investigator

**PENDING**

OSP# 210750 (Savage Williams) 7/2020 – 6/2025 \$ 298,916  
University of Georgia

**Prenatal Contextual Stress, Rapid Weight Gain, and Obesity Prevention Among Black Infants**

The goal of this research project is to conduct a multi-faceted assessment, including socioeconomic, race-specific, and general stressors to quantify prenatal contextual stress. The study will assess supportive relationships, shift and persist coping, and racial identity-related protective processes. Change in contextual stress, maternal maladjustment, and resilience will be assessed postpartum to examine and control changes occurring over the transition to parenthood.

Role: Principal Investigator

OSP# 210617 (Symons Downs) 4/2020 – 3/2025 \$3,770,024  
National Institute of Health/NHLBI

**Personalized Prenatal Weight Gain Intervention Using Control Systems Engineering**

The goal of this research project is to use dynamical modeling and control systems engineering to develop an individually-tailored (adaptive) behavioral intervention for managing gestational weight gain among overweight and obese pregnant women.

Role: Co-Investigator

OSP# 208204 (Savage Williams) 12/2019 – 11/2022 \$1,887,743  
Geisinger Health System (Patient-Centered Outcomes Research Institute)

**Patient-Clinic-Community Integration to Prevent Obesity among Rural Preschool Children**

The proposed clinical effectiveness study will compare three preventive care models to prevent incident obesity among preschool children (2-5 years of age) in rural, low-income families at high risk for obesity: 1) clinic (standard of care at pediatric well-child visits), 2) patient-clinic (adds patient-reported data to inform preventive counseling), and 3) patient-clinic-community (adds facilitating referrals to evidence-based interventions for reducing food insecurity and preventing obesity).

Role: Principal Investigator

OSP# 206896 (LeBlanc) 12/2019 – 11/2023 \$ 333,969  
Kaiser Foundation Research Institute, a Division of Kaiser Foundation Hospitals  
**Extended Effects of a Pre-Pregnancy Weight Loss Program: Follow up of the Prepare Cohort**  
The overall objective of the project is to conduct an observational study of mother-offspring dyads from a randomized trial of a prepregnancy weight loss intervention.  
Role: Co-Investigator

R01 DK106265S1 (Temple) 12/2019 – 2/2021 \$ 100,000  
The State University of New York at Buffalo [fundable score, 1<sup>st</sup> submission 18<sup>th</sup> percentile]  
**Sensitization of the Reinforcing Value of Food as a Predictor of Weight Change in Adolescents**  
This is a competing revision application to our ongoing longitudinal study aimed at understanding factors that impact eating and weight change in late adolescents and on developing a new questionnaire to assess eating autonomy.  
Role: Consultant

OSP# 203206 (Savage Williams) 6/2019 – 6/2020 \$ 689,036  
Office of Naval Research  
**Networked Medical Ultrasound System**  
Grant written by Dr. Jim Pawelczyk in Kinesiology to fund Ultrasound equipment to be used by the Kinesiology, CRC and Nutrition departments for multiple studies.  
Role: Faculty

### **FUNDED INACTIVE**

1 R01 DK099364-01 (Paul & Birch) 9/2013 – 7/2019 \$2,449,698  
National Institute of Health/NIDDK  
**Effect of Birth Order and Genetics on Infant Parenting and Obesity Risk**  
Capitalizing on a prospective, randomized, controlled intervention trial involving first-born infants, the proposed research will enroll their second-born siblings in order to describe differences in parenting during infancy of consecutively born siblings while also evaluating the impact of genetics related to obesity-risk, appetite, and temperament on infant growth during the first year after birth.  
Role: Co-Investigator

1 R01 HL119245-01 (Symons Downs) 7/2013 – 4/2019 \$1,438,074  
National Institute of Health/NHLBI  
**Control System Engineering for Optimizing a Prenatal Weight Gain Intervention**  
The goal of this research project is to use dynamical modeling and control systems engineering to develop an individually-tailored (adaptive) behavioral intervention for managing gestational weight gain among overweight and obese pregnant women.  
Role: Co-Investigator

1 R40 MC28317-01-00 (Savage Williams) 4/2015 – 3/2019 \$ 864,186  
United States Department of Health Resources and Services Administration (HRSA)  
Maternal and Child Health

**Evaluating Coordination of Care Between Pediatricians and WIC Nutritionists: Early Obesity Prevention for WIC Mothers and Children**

The study will examine the effects of an innovative 6 month intervention that coordinates care between primary care providers and the Pennsylvania Special Supplemental Nutrition Program Women, Infants and Children (WIC) to promote responsive parenting and optimize primary prevention of early pediatric obesity.

Role: Principal Investigator

(Savage Williams) 10/2017 – 9/2018 \$ 468,197  
United States Department of Agriculture, Pennsylvania Department of Public Welfare;  
Pennsylvania Nutrition Education TRACKS

**Promoting Healthy Dietary Behaviors among Low-Income Families**

The goal of this program is to deliver obesity prevention interventions designed to promote healthy eating behaviors among low income families, and to increase the willingness of low-income children to try new foods. We are also working with our Head Start partners to improve the environment in their centers to better support healthy eating behaviors and daily physical activity for the children enrolled. We are also developing and testing the efficacy of an interactive online responsive feeding curriculum that targets low-income parents of infants and toddlers.

Role: Principal Investigator

1 R56 HL126799-01 (Savage Williams) 9/2015 – 8/2018 \$ 505,355  
National Institute of Health/NHLBI

**Using Dynamical Systems Modeling to Understand the Effects of an Individually Tailored Prenatal Weight Gain Intervention on Fetal Growth and Postnatal Obesity Risk**

The purpose of this study is to examine the effect of the intrauterine environment on fetal growth. By using the existing Healthy Mom Zone infrastructure, prospective data collection on the fetal environment will help to clarify how the gestational weight gain intervention impacts fetal growth and development. This piece adds measures of fetal growth to the parent study, including: ultrasounds (fetal growth, placenta weight/size, amniotic fluid), blood biomarkers (micro-nutrient status), urine collections (stress), and sleep measures. Indicators of fetal growth will be used to help inform the dynamical intervention model that characterizes the effects of the intrauterine environment on fetal and infant growth over time. This research has the potential for a paradigm shift in obesity prevention by changing the way researchers and clinicians approach the prenatal period, as a critical opportunity in the life cycle to prevent obesity and cardiovascular disease in both mothers and their children.

Role: Principal Investigator

OSP# 187481 (Kraschnewski & Paul) 1/2016 – 6/2018 \$ 854,707  
PA Tobacco Settlement Fund

**Risk Factors and Early Life Contributors to Childhood Obesity**

The goal of the research is to determine key maternal predictors of postpartum weight retention in the First Baby Study and how these predictors relate to maternal-child outcomes.

Role: Co-Investigator

2011-67001-30117 (Rolls) 3/2011 – 2/2018 \$4,500,000  
United States Department of Agriculture

**The Pennsylvania State University Childhood Obesity Prevention Graduate Training Program**

This application proposes the establishment of a sustainable comprehensive, problem-based graduate PhD training program in child obesity prevention (COP) that meets the goals of Agriculture and Food Research Initiative (AFRI) to “improve nutrition and end childhood obesity.  
Role: Co-Investigator

(Savage, Jaenicke, Ross & Coleman-Kelly) 5/2017 – 12/2017 \$ 15,500  
General Education Integrative Studies Seed Grant initiative (Internal)

**Integrated GenEd course development (GHW): “Healthy Food For All: Bridging the Gap between Policy and Poverty.”**

Funds will be used to develop GenEd course titled "Food for All: U.S. Nutrition Programs, Food Security, and Economics" that will be integrated with AG BM 170, "Investigating the U.S. Food System: How food Moves from Field to Table."  
Role: Principal Investigator

2011-67001-30117(Adams) 1/2016 – 12/2017 \$ 21,923  
COPT Seed Grant, The Pennsylvania State University (Internal)

**Effects of Sleep and Stress on Energy Balance and Parent Feeding Styles in Postpartum Mothers**

The goal of the research has two primary aims. First, to identify the independent and combined associations of maternal and infant sleep and maternal stress on maternal energy balance (i.e. energy intake and physical activity) and postpartum weight in a longitudinal sample of 30 healthy mothers. Second, to identify the patterns and associations of maternal and infant sleep and maternal stress with infant feeding practices and rate of weight gain.  
Role: Co-Investigator

4000008692 (Savage Williams) 10/2016 – 9/2017 \$ 378,310  
United States Department of Agriculture, Pennsylvania Department of Public Welfare;

Pennsylvania Nutrition Education TRACKS

**Promoting Healthy Dietary Behaviors among Low-income Families enrolled in WIC and Head Start**

The goal of this program is to deliver obesity prevention interventions designed to increase the willingness of Head Start children to try new foods and to develop and pilot test the efficacy of an interactive online responsive feeding curriculum that targets low-income parents of infants and toddlers.  
Role: Principal Investigator

OSP# 187644 (Neiderhiser) 9/2016 – 8/2017 \$5,119,591  
University of Oregon

**(ECHO)The Early Growth and Development Study Pediatric Cohort**

The purpose of this application is to contribute to ECHO’s goal to “identify critical periods of development that are impacted by multi-level exposures, and identify opportunities to mitigate risk of disease and maximize health” with a unique cohort of 1000 children drawn from the Early Growth and Development Study (EGDS).  
Role: Co-Investigator

1 R01 DK088244-01A1 (Birch & Paul) 3/2011 – 1/2017 \$3,287,676  
National Institute of Health/NIDDK

**Preventing Obesity through Interventions during Infancy**

To test the effects of a novel early intervention program to prevent childhood obesity. Nurses will deliver interventions to first-time parents and their infants at home visits with messages focusing on responsive feeding, division of feeding responsibility, and healthy dietary choices.

Role: Co-Investigator

(Keller) 2/2014 – 12/2016 \$ 78,936  
Clinical and Translational Science Institute (Internal)

**Developing Novel Methodologies to Teach Children to eat in Response to Hunger and Fullness**

The project goal is to use virtual reality and behavioral teaching tools to develop effective methods to teach children how to eat in response to hunger and fullness cues.

Role: Co-Investigator

2011-67001-30117 (Savage Williams) 5/2014 – 12/2016 \$ 348,810  
CTSI, The Pennsylvania State University (Internal)

**Dynamical Systems Modeling to Understand Fetal Growth in Response to an Individual-Tailored Prenatal Weight Gain Intervention**

The goal of this research are to examine the feasibility of collecting measures of fetal growth, placenta, and serum blood biomarkers and to identify a dynamical model that considers how changes in fetal growth responds to changes in the intrauterine environment (maternal eating and physical activity).

Role: Principal Investigator

4000008692 (Savage Williams) 10/2015 – 9/2016 \$ 293,352  
United States Department of Agriculture, Pennsylvania Department of Public Welfare;  
Pennsylvania Nutrition Education TRACKS

**Promoting Healthy Dietary Behaviors among Low-income Families enrolled in WIC and Head Start**

The goal of this program is to deliver obesity prevention interventions designed to increase the willingness of Head Start children to try new foods and to develop and pilot test the efficacy of an interactive online responsive feeding curriculum that targets low-income parents of infants and toddlers.

Role: Principal Investigator

OSP# 172467 (Savage Williams) 4/2014 – 3/2015 \$ 99,968  
National Confectioners Association

**Exploring alternatives to restriction: A randomized intervention trial aimed at promoting children's intake of candy in moderation**

The objectives of the research project are to develop and evaluate the feasibility of a parent and child behavioral intervention aimed at 1) teaching parents alternatives to restrictive feeding practices and 2) teaching children aged 5 to 9 years mindfulness and attention-control practices.

Role: Principal Investigator



(Keller) 3/2013 – 2/2015 \$ 20,000  
Social Science Research Institute and Clinical and Translational Science Institute (Internal)  
**Neural Mechanisms Underlying Child Responses to Food Energy Density and Portion Size**

The project goal was to determine neural and behavioral mechanisms involved with perceiving differences in food energy density and portion size.

Role: Co-Investigator

OSP# 164162 (Birch) 1/2013 – 12/2014 \$ 114,800  
National Confectioners Association

**Exploring Alternatives to Restriction: Teaching Children to Eat Candy in Moderation**

The project goal was to review the existing literature on parental restriction, and to conduct research to identify feeding and parenting practice that promotes self-regulation and moderate consumption of confectionery foods in children aged 5- to 8-years old.

Role: Co-Investigator

4000008692 (Savage Williams) 10/2013 – 9/2014 \$ 383,158  
United States Department of Agriculture, Pennsylvania Department of Public Welfare,  
Pennsylvania Nutrition Education TRACKS

**Parenting toolbox: Feasibility of Using Multiple Approaches to Promote Responsive Feeding in Toddlers**

The project goal was to conduct a pilot intervention to test the feasibility of administering e-health technology (i.e., text and video messaging, and personalized prescription feedback) to promote responsive feeding practices among low income mothers with toddlers (1-3 yrs.) using multiple optimization strategy.

Role: Principal Investigator

R01 DK081512-01A1 (Stifter, C. A.) 7/2009 – 7/2013 \$1,202,983  
National Institute of Health/NIDDK

**Temperament and Parenting: Risks for Rapid Weight Gain and Childhood Obesity**

The project goal was to investigate the interaction of food used to soothe, child temperament, and emotional regulation as an etiology for childhood overeating.

Role: Co-Investigator

4000008692 (Savage Williams) 10/2011 – 9/2012 \$ 391,931  
United States Department of Agriculture, Pennsylvania Department of Public Welfare,  
Pennsylvania Nutrition Education TRACKS

**Promoting Healthy Dietary Behaviors among Formula-Fed Infants and Toddlers**

This research examined the feasibility of using mobile phones (i.e., smartphones) to deliver nutrition education and collect intensive longitudinal data to low-income, formula-feeding mothers in PA to promote responsive feeding and healthy growth among infants and toddlers (0-2y).

Role: Principal Investigator

(Jayakody) 1/2010 – 12/2011 \$ 20,650  
Children, Youth and Families Consortium (Internal)

**Testing the Causal Links between television and Physical Activity**

The aims were to demonstrate that physical activity data using accelerometers can effectively be collected in rural villages in Vietnam and to illustrate how ethnographic data can effectively be used to provide rich details on physical activities.

Role: Co-Investigator



4000008692 (Savage Williams) 10/2009 – 9/2011 \$ 374,767  
United States Department of Agriculture, Pennsylvania Department of Public Welfare,  
Pennsylvania Nutrition Education TRACKS

**Group Discussions about Feeding and Caring for Formula Fed Infants and Toddlers**

The major goal of this project was to repurpose, administer, and evaluate an existing adult caregiver-centered curriculum to low-income, formula-feeding mothers in PA to promote the development of healthy dietary behavior and growth patterns among infants and toddlers (0-2y).  
Role: Principal Investigator

2006-55215-05938 (Birch, L.L.) 7/2006 – 7/2011 \$ 450,000  
United States Department of Agriculture, National Research Initiative

**Determinants of Self-Served Portion Size in Young Children**

This research adopted an experimental approach to identifying socio-environmental influences on young children's self-selected portion sizes.  
Role: Co-Investigator

McCormick (Birch, L.L.) 1/2007 – 6/2010 \$ 100,000  
McCormick Science Institute

**Enhancing the Flavor of Fruits and Vegetables to Promote Children's Consumption**

The project goal was to to develop several culinary herb and spice preparations designed to enhance fruit and vegetable intake and to assess the impact of herbs and spices on children's willingness to taste and consume fruits and vegetables.  
Role: Co-Investigator

**UNFUNDED**

OSP# 208196 (Ruggiero) 9/2019 – 8/2022 \$ 161,606  
National Institute of Health

**Sibling Differences in Responsive Feeding and Child Growth within Families, a Longitudinal Study**

Overweight and rapid weight gain during infancy increase risk for obesity later in life. The proposed research will evaluate the effect of birth order, child temperament and sex on differential parent feeding practices of firstborn and secondborn siblings, and how these factors influence sibling growth from birth to age 3 years. Findings will be used to enhance early obesity prevention interventions and clinical guidance on responsive feeding of siblings within families.  
Role: Principal Investigator

OSP# 207041 (Hohman) 9/2019 – 8/2024 \$ 574,618  
National Institute of Health

**Dynamic Relationships Between Sleep and Obesogenic Eating Behaviors in Children**

The proposed research will capitalize on the Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) study, an existing longitudinal cohort of children studied from birth, by adding state-of-the-art measurements of sleep (actigraphy) and eating behavior (ecological momentary assessment) at the 9 year assessment. This data will be used to characterize individual differences in the relationship between sleep and eating behaviors on microlongitudinal (7 day measurement burst at 9 years of age) and longitudinal (birth-9 years) time scales.  
Role: Co-Mentor

OSP# 206869 (Savage Williams/Paul) 9/2019 – 8/2024 \$3,849,362  
National Institute of Health  
**Primary Prevention of Obesity: The Responsive Approach to Infants with Signing Education (RAISE) Trial**  
RAISE will compare a bidirectional RP intervention informed by an ecological/developmental framework against a child safety control in a randomized trial involving 312 primiparous mother-infant dyads enrolled shortly after delivery.  
Role: Co-Principal Investigator

OSP# 205001 (James Dillard) 7/2019 – 6/2021 \$ 439,618  
National Institute of Health [fundable score, 1<sup>st</sup> submission 19<sup>th</sup> percentile]  
**Moderators & Mitigators of Resistance to Population-level Cancer Control Strategies**  
The purpose of this project is to identify factors that amplify or attenuate reactance to Population-level Cancer Control Strategies (PLCCS) and provide an initial test of methods for mitigating reactance. For example, people push back by doing more of the forbidden behavior or actively fighting against the constraint. Both reactions are at cross-purposes with the cancer control strategy. Sugar-sweetened beverages (SSBs) is a category of drinks that includes (non-diet) sodas, added-sugar fruit drinks, sweetened teas and coffees, sports drinks, and energy drinks. Consumption of SSBs leads to increased risk for obesity and cancer, the third leading cause of preventable deaths among U.S. adults. The focus on SSBs will produce knowledge that can be applied to an urgent public health problem and help us identify homogeneous segments of the population with respect to their resistance to anti-SSB messages.  
Role: Co-Investigator

OSP# 204777 (Savage Williams) 1/2019 – 12/2023 \$5,015,047  
USDA National Institute of Food and Agriculture  
**Sustainable Approach for Improving Responsive Feeding (RF) to Reduce Food Waste and Prevent Childhood Obesity in Rural Low-Income Households**  
The proposed research project will use an innovative methodological framework to design and test a scalable multi-component RF intervention that promotes child appetite regulation and healthy food intake to prevent childhood obesity and decrease food waste among a high-risk sample: families with preschoolers living in rural poverty. The long-term goal is to develop an optimized RF intervention that targets food insecurity initiatives and obesity prevention goals that lead to policy, systems, and environmental changes, and can be widely disseminated through existing Head Start and Penn State Extension infrastructure.  
Role: Principal Investigator

OSP# 204216 (Savage Williams) 9/2019 – 2/2023 \$ 134,881  
University of Colorado  
**Addressing Disparities in Rapid Infant Weight Gain in Low Income Latino Infants**  
The goal is to discover knowledge regarding the prevention and treatment of rapid infant weight gain (RIWG) / high weight status during infancy in low income Latino infants. This study will determine the feasibility and acceptability of an intervention designed to identify infants with RIWG and early elevated BMIs, assess contributing factors, use communication tools to increase risk perception of weight-based health concerns, and provide a culturally tailored, individualized treatment plan.  
Role: Principal Investigator

OSP# 195925 (Savage Williams) 1/2018 – 12/2022 \$2,499,188  
USDA National Institute of Food and Agriculture  
**ONE TEAM: Optimizing Nutrition Education To Promote REsponsive Feeding At Head Start and HoMe**

The overall objective of the ONE TEAM study is to design an optimized, scalable multi-component responsive feeding intervention that changes caregiver feeding practices (Head Start providers and parents) and the food environment (home and HEAD Start classroom) to promote child appetite self-regulation and healthy food among underserved preschoolers (age 3-5 years) living in rural poverty.

Role: Principal Investigator

OSP# 185820 (Savage Williams) 6/2016 – 9/2018 \$1,534,538  
Centers for Disease Control  
**Families Charting the Path to Health**

The proposed goal of the 28-month intervention is to leverage, enhance, and coordinate existing initiatives and programs to test whether an affordable referral-based family-centered intensive weight management program will reduce BMI in low-income children who are overweight with risk or who have obesity versus usual clinical care .

Role: Principal Investigator

OSP# 176907 (Savage Williams) 7/2015 – 6/2020 \$3,394,569  
National Institute of Health/NIDDK  
**Optimizing Nutrition Education using technology to coordinate care across multiple settings: ONE Study**

The proposed research will evaluate an innovative parenting intervention that delivers personalized, coordinated care across multiple settings including medical clinics, community nutrition clinics, and at home via tele-health (e.g., mobile messaging, online modules, and phone calls).

Role: Principal Investigator

OSP# 174654 (Savage Williams) 4/2015 – 3/2020 \$2,373,971  
National Institute of Health/NHLBI (Unfunded as an R01; Funded as an R56)  
**Using Dynamical Systems Modeling to Understand the Effects of an Individually Tailored Prenatal Weight Gain Intervention on Fetal Growth and Postnatal Obesity Risk**

The purpose of this study is to examine the effect of the intrauterine environment on fetal growth. By using the existing Healthy Mom Zone infrastructure, prospective data collection on the fetal environment will help to clarify how the gestational weight gain intervention impacts fetal growth and development. This piece adds measures of fetal growth to the parent study, including: ultrasounds (fetal growth, placenta weight/size, amniotic fluid), blood biomarkers (micro-nutrient status), urine collections (stress), and sleep measures. Indicators of fetal growth will be used to help inform the dynamical intervention model that characterizes the effects of the intrauterine environment on fetal and infant growth over time. This research has the potential for a paradigm shift in obesity prevention by changing the way researchers and clinicians approach the prenatal period, as a critical opportunity in the life cycle to prevent obesity and cardiovascular disease in both mothers and their children.

Role: Principal Investigator

OSP# 171774 (Savage Williams)  
United States Department of Agriculture

6/2014 – 6/2016

\$ 249,903

### **Optimizing Nutrition Education using Technology to Coordinate Care across Multiple Settings: ONE Study**

This project aims to build and evaluate an integrated system for delivering consistent, individually-tailored responsive feeding messages to optimize primary prevention of early pediatric obesity across multiple settings: pediatric clinics, WIC clinics, and home.

Role: Principal Investigator

### **PUBLICATIONS: Refereed Journal Articles:**

Complete List of Published Work in MyBibliography:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/jennifer.williams.1/bibliography/47338423/public/?sort=date&direction=ascending>

### **PUBLISHED MANUSCRIPTS**

\*Graduate Students & Post Docs \*\*Undergraduate Students

\*\*\*Supervised Post Doc w/Lisa Bailey-Davis

Adams EL\*, Marini ME, Brick TR, Paul IM, Birch LL, **Savage JS**. Ecological momentary assessment of using food to soothe during infancy in the INSIGHT trial. *International Journal of Behavioral Nutrition and Physical Activity*. (2019). 16(1):79. Open Access Journal.

Na M, Eagleton SG\*, Jomaa L, Lawton KN, **Savage JS**. Food insecurity is associated with suboptimal sleep quality among low-income Head Start preschool-aged children. *Current Developments in Nutrition*. (2019). Volume 3, Issue Supplement\_1, June 2019, nzz051.P04-071-19.

**Savage JS**, Hohman EE, McNitt KM\*, Pauley AM, Leonard KS, Turner T, Pauli JM, Gernand AD, Rivera DE, Symons Downs D. Uncontrolled eating during pregnancy predicts fetal growth: The Healthy Mom Zone Trial. *Nutrients*. (2019). 11(4), pii: E899: 16 pages, Open Access Journal.

Bailey-Davis L, Kling SM, Wood GC, Cochran WJ, Mowery JW, **Savage JS**, Stametz RA, Welk GJ. Feasibility of enhancing well child visits with family nutrition and physical activity risk assessment on body mass index. *Obesity Science & Practice*. (2019). 11 pages, Open Access Journal.

Paul IM, Hohman EE, Birch LL, Shelly A, Vallotton CD, **Savage JS**. Exploring Infant Signing to Enhance Responsive Parenting: Findings from the INSIGHT Study. *Maternal & Child Nutrition*. (2019). 15(3):e12800.

Adams EL\*, Marini ME, Leonard KS, Symons Downs D, Paul IM, Kraschnewski JL, Kjerulff KH **Savage JS**. Patterns of gestational weight gain and large-for-gestational age across consecutive pregnancies. *Women's Health Issues*. (2019). 29(2):194-200.

Eagleton SG\*, Hohman EE, Verdiglione BS, Birch LL, Paul IM, **Savage JS**. INSIGHT Study Maternal Return to Work and Infant Weight Outcomes. *Academic Pediatrics*. (2019). 19(1):67-73.

Pattison K, Kraschnewski JL, Lehman EB, **Savage JS**, Symons Downs D, Leonard KS, Adams EL\*, Paul IM, Kjerulff KH. Breastfeeding initiation and duration and child health outcomes in the first baby study. *Preventive Medicine*. (2019). 118:1-6: 6 pages, Open Access Journal.

Hohman EE, Balantekin KN, Birch LL, **Savage JS**. Dieting is associated with reduced bone mineral accrual in a longitudinal cohort of adolescent girls. *BMC Public Health*. (2018). 18(1):1285: 10 pages, Open Access Journal.

Guo P, Rivera DE, **Savage JS**, Hohman EE, Pauley AM, Leonard KS, Symons Downs D. System Identification Approaches for Energy Intake Estimation: Enhancing Interventions for Managing Gestational Weight Gain. *IEEE Transactions on Control Systems Technology*. (2018). 16 pages, Open Access Journal.

Freigoun M, Rivera DE, Gernand AD, Pauli J, Guo P, Hohman EE, Pauley AM, Leonard KS, Symons Downs D, **Savage JS**. A Dynamical Systems Model of Intrauterine Fetal Growth. *Mathematical and Computer Modelling of Dynamical Systems*. (2018). 24(6):661-687.

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## **ABSTRACTS AND CONFERENCE PRESENTATIONS (ORAL):**

Adams EL\*, Master L, Buxton OM, **Savage JS**. Infant-only wake bouts increase throughout early infancy and predict fewer nighttime feeds. 2019 Ethan Sims Young Investigator Award finalist, The Obesity Society, Las Vegas, NV, November 3-7, 2019.

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Guo P, Rivera DE, Symons Downs D, **Savage JS**, Pauley AM, Hess LB, Stetter C. Semi-physical identification and state estimation of energy intake for interventions to manage gestational weight gain. Proceedings of the American Control Conference, Boston, MA, July 6-8, 2016.

Bailey-Davis L, **Savage JS**. WIC/Academic Partnerships to Reduce Obesity Disparities in Early Childhood. National WIC Association Annual Meeting, Cincinnati, OH, May 23, 2016.

McNitt KM, Hess LB, Hohman EE\*, Rivera DE, Symons Downs D, **Savage JS**. Programming effect of the intrauterine environment on fetal growth: Study methods and protocol. Women's Health Research Day Conference, University Conference and Fitness Center, College of Medicine, Hershey Medical Center, Hershey, PA, April 28, 2016.

Hohman EE\*, **Savage JS**, Paul IM, Birch LL. INSIGHT Study parenting intervention to prevent childhood obesity improves patterns of dietary exposures in infants. Experimental Biology, San Diego, CA, April 2-6, 2016.

**Savage JS**, Bailey-Davis L. Coordinating care among stakeholders to raise healthy families. Society Behavioral Medicine, 37<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 30-April 2, 2016.

Bailey-Davis L, **Savage JS**. Optimizing the implementation of Pediatric Obesity Prevention Guidelines in a large, integrated health system. Society Behavioral Medicine, 37<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 30-April 2, 2016.

Symons Downs D, **Savage JS**, Bailey-Davis L. Maternal and pediatric obesity management: Translation from research to clinical practice to community dissemination. Society Behavioral Medicine, 37<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 30-April 2, 2016.

Symons Downs D, **Savage JS**, Rivera DE, Pauley AM, Hess LB, Guo P. Design and preliminary findings of an Individually-Tailored, "Just-in-Time" Adaptive Intervention to manage prenatal weight gain. Society Behavioral Medicine, 37<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 30-April 2, 2016.

**Savage JS**, Anzman-Frasca SL, Marini ME, Mindell JA, Birch LL, Paul IM. Childhood obesity preventive intervention improves infant sleep duration and sleep hygiene. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Hohman EE\*, **Savage JS**, Marini ME, Paul IM, Birch LL. A parenting intervention in the first year after birth impacts feeding practices and styles related to child obesity risk. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Fearnbach SN, English LK, Wilson SJ, **Savage JS**, Rolls BJ, Keller KL. Neural response to visual food cues varying in energy density is associated with body composition in children. Society for the Study of Ingestive Behavior, Denver, CO, July 7-11, 2015.

Rivera DE, Symons Downs D, **Savage JS**, Collins LM, Navarro-Barrientos JE, Dong Y, Guo P. Dynamic modeling of weight and body composition change using the Theory of Planned Behavior and self-regulation. 2nd Short Course on Mathematical Sciences in Obesity Research, University of Alabama-Birmingham, AL, June 22-26, 2015.

Fearnbach SN, English LK, Schlechter HA, Thivel D, Fisher JO, **Savage JS**, Rolls BJ, Keller K L. Child fat-free mass predicts energy intake independent of response to increasing portion size. International Society for Behavioral Nutrition and Physical Activity 14th Annual Meeting. Edinburgh, Scotland, June 3-7, 2015.

**Savage JS**, Paul IM, Marini ME, Anzman-Frasca SL, Beiler JS, Birch LL. Parenting Intervention reduces infant rapid weight gain. Pediatric Academic Societies Annual Meeting in San Diego, CA, April 25-28, 2015.

Balantekin KN\*, Birch LL, **Savage JS**. Patterns of self-reported dieting and energy intake in 15y girls. Experimental Biology Annual Meeting, Boston, MA, March 28-April 1, 2015.

Bleser JA\*, Rollins BY\*, **Savage JS**, Birch LL. Availability and access to candy within the home is associated with children's candy intake in a free access setting and frequency of candy intake in the home. The Obesity Society, Boston, MA, November 2-7, 2014.

Rollins BY\*, **Savage JS**, Birch LL. Are covert feeding practices beneficial? The effects of covert feeding on children's candy intake in a free access setting differ by general parenting practices. The Obesity Society, Boston, MA, November 2-7, 2014.

Rose CM\*, **Savage JS**, Birch, LL. Infant bottle emptying and parity are related to satiety responsiveness at age 6. 22nd Annual Meeting of the Society for the Study of Ingestive Behavior, Seattle, WA, July 20-August 2, 2014.

Dong Y, Deshpande S, Rivera DE, Symons Downs D, **Savage JS**. Hybrid model predictive control for sequential decision policies in adaptive behavioral interventions. Proceedings of the American Control Conference, Portland, Oregon, 4198-4203. ISBN: [978-1-4799-3271-9](#). NIHMSID: 655796. American Control Conference, Portland, OR, June 4-6, 2014.

Symons Downs D, **Savage JS**, Rivera DE, Dong Y, Collins LM. Feasibility of Implementing an Individually-Tailored, Adaptive "Just in Time" Intervention to manage gestational weight gain. Symposium presented at the Annual Meeting of the Society for Prevention Research 22<sup>nd</sup> Annual Meeting, Washington, DC, May 27-30, 2014.

Coffman DL, **Savage JS**, Birch LL. Using Propensity methods to assess causal effects of mothers' dieting behavior on daughters' early dieting behavior. Society of Behavioral Medicine, 35<sup>th</sup> Annual Meeting & Scientific Sessions, Philadelphia, PA, April 23-26, 2014.

Dong Y, Rivera DE, Symons Downs D, **Savage JS**, Collins LM. Theory of planned behavior /self-regulation dynamical model for an adaptive intervention to manage gestational weight gain. Annals of Behavioral Medicine, 47, S1, s148. Society of Behavioral Medicine, 35<sup>th</sup> Annual Meeting & Scientific Sessions, Philadelphia, PA, April 23-26, 2014.

**Savage JS**, Symons Downs D, Rivera DE, Dong Y, Collins LM. Control systems engineering for optimizing an Individually-Tailored, Adaptive Intervention to manage gestational weight gain. Society of Behavioral Medicine, 35<sup>th</sup> Annual Meeting & Scientific Sessions, Philadelphia, PA, April 23-26, 2014.

Rollins BY\*, **Savage JS**, Birch LL. Children's intake of candy while in the absence of hunger exceeds USDA SoFAS limits. Experimental Biology, San Diego, CA, April 26-30, 2014.

Rollins BY\*, **Savage JS**, Birch LL. Promoting children's intake of candy in moderation: Exploring alternatives to parental restriction use. National Confectioners' Association Behavioral Nutrition Meeting, San Diego, CA, April 25, 2014.

**Savage JS**, Birch LL. Maternal mental health and toddler temperament impact how toddlers are fed: A sample of low-income mothers participating in WIC. The Obesity Society, Atlanta, GA, November 11-16, 2013.

Balantekin KN\*, **Savage JS**, Birch LL. Restrictive feeding practices promote daughters' early dieting. Society for the Study of Ingestive Behavior, New Orleans, LA, July 30- August 2, 2013.

Rollins BY\*, Loken E, **Savage JS**, Birch LL. Food reinforcement with food intake, BMI, and reward sensitivity in preschool children. Society for the Study of Ingestive Behavior, New Orleans, LA, July 30 – August 2, 2013.

Dong Y, Rivera DE, Symons Downs D, **Savage JS**, Thomas DM, Collins LM. Hybrid model predictive control for optimizing gestational weight gain behavioral interventions. Proceedings of the American Control Conference. Washington DC., June 17-19, 2013.

Rose CM\*, **Savage JS**, Paul IM, Marini ME, Anzman-Frasca SL, Birch LL. Parity predicts excessive gestational weight gain and higher infant birth weight among women intending to breastfeed. The Obesity Society, San Antonio, TX, September 20-24, 2012.

Dong Y, Rivera DE, Thomas DM, Navarro-Barrientos J, Symons Downs D, **Savage JS**, Collins LM. A dynamical systems model for improving gestational weight gain behavioral interventions. Proceedings of the American Control Conference. Montréal, Canada. June 27-29, 2012.

Coffman DL, **Savage JS**, Xu S, Lanza ST, Birch LL. Do mothers' eating behaviors cause daughters' dieting? Drawing causal inferences from the Girls' Needs Study. Society for Prevention Research 20<sup>th</sup> Annual Meeting. Washington D.C., May 29-June 1, 2012.

Dong Y, Rivera DE, Thomas, DM, Symons Downs D, **Savage JS**, Collins LM. A dynamical systems model of an adaptive intervention to prevent excessive gestational weight gain. Society for Prevention Research 20<sup>th</sup> Annual Meeting. Washington D.C. May 29-June 1, 2012.

**Savage JS**, Hermann N, Marini ME, Birch LL. WIC mothers' feeding practices and perceptions of dietary guidance. The Obesity Society, Orlando, FL, October 1-5, 2011.

Haisfield L, Fisher JO, **Savage JS**, Marini ME, Birch LL. Influence of family meals on young children's self-selected portions and intake. The Obesity Society, Orlando, FL, October 1-5, 2011.

**Savage JS**, Paul IM, Marini ME, Birch LL. Pilot Intervention promoting responsive feeding, the division of feeding responsibility, and healthy dietary choices during Infancy. Society for the Study of Ingestive Behavior, Pittsburgh, PA, July 13-17, 2010.

Paul IM, Marini ME, Beiler JS, **Savage JS**, Stokes J, Anzman-Frasca SL, Birch LL. Preventing obesity during infancy. Biennial International Conference on Infant Studies. Baltimore, MD, March 11-14, 2010.

Stifter C, Birch LL, **Savage JS**, Voegtline K, Dollar J, Anzman-Frasca SL (2010). Infant temperament, feeding to soothe, and weight gain. Biennial International Conference on Infant Studies, Baltimore, MD, March 11-14, 2010.

Paul IM, Marini ME, Beiler JS, **Savage JS**, Stokes J, Anzman-Frasca SL, Birch LL. Preventing Obesity during Infancy. The Obesity Society, Washington, DC, October 24-28, 2009.



**Savage JS**, Birch LL. Energy density predicts weight change over time. International Society for Behavioral Nutrition and Physical Activity, Oslo, Norway, June 20-24, 2007.

DiNallo J M, **Savage JS**, Symons Downs D. Adolescent body satisfaction: The role of perceived parental encouragement for physical activity. The North American Society for the Psychology of Sport and Physical Activity, San Diego, CA, June 7-9, 2007.

**Savage JS**, Birch LL. Physical activity and reported energy intake predict BMI among girls: Impact of error and bias on interpretations of energy intake data. Federation of American Societies for Experimental Biology, San Diego, CA, March 31-April 5, 2005.

## **INVITED PRESENTATIONS & SPEAKING ENGAGEMENTS:**

**Savage JS**. Invited Guest Expert Speaker: “Tips for Teaching Toddlers to Taste Vegetables,” American Academy of Pediatrics, New Orleans, LA, October 25-29, 2019.

**Savage JS**. Invited Guest Expert Speaker: “Impact of early childhood feeding practices on food acceptance and intake,” The Barbara Bush Children’s Hospital at Maine Medical Center, Portland, Maine, September 27, 2019.

**Savage JS**. Invited Discussant on “Transactional Effects of Family, Dyadic, and Individual Factors on Eating Behavior and Weight in Early Childhood,” International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 5-8, 2019.

**Savage JS**. Invited Guest Expert Speaker: “The INSIGHT trial: a responsive parenting intervention,” International Conference on Children’s Eating Behaviour 2019, MUNCHIES: The Midland Universities Child & Infant Eating Studies Group, Birmingham, UK, March 20-22, 2019.

**Savage JS**. Invited Guest Expert Speaker: “INSIGHT trial impacts parenting and child weight,” University of Leeds, School of Psychology, Leeds, UK, March 20, 2019.

**Savage JS**. Invited Guest Expert Speaker: “The Role of Responsive Feeding in Pediatric Obesity Prevention,” University of Leeds, School of Psychology, Leeds, UK, March 20, 2019.

**Savage JS**. Invited Guest Expert Speaker: “Using 24-hour recalls to assess food intake among children,” Kaiser Permanente Center for Health Research, Portland, OR, February 7, 2019.

**Savage JS**. Invited Guest Expert Speaker: “I don’t like it; I won’t eat it! How to get your child to accept more fruits and vegetables,” Central PA WIC Conference, Camp Hill, PA, October 17, 2018.

**Savage JS**. Invited Guest Expert Speaker. “Effects of Responsive Parenting on Early Obesity Prevention: The INSIGHT trial”, Wake Forest University, Winston-Salem, NC, October 7, 2018.

**Savage JS**. Invited Guest Expert Speaker: “Examining current evidence for feeding practices on food acceptance and weight outcomes in toddlers (12 -24 months)”, Society for Nutrition Education and Behavior (SNEB) Annual Conference, Minneapolis, MN, July 21-24, 2018.

**Savage JS**. Invited Guest Expert Speaker: “Evaluating coordination of care between pediatricians and WIC nutritionists: Early obesity prevention for WIC mothers & children - The WEE Baby Care Study”, WIC Grantee Meeting, Camp Hill, PA, November 16, 2017.



**Savage JS.** Invited Guest Expert Speaker: “Nutrition & Obesity” – Breakout Session Discussion Moderator, 2017 Penn State Extension Conference, The Pennsylvania State University, Altoona, PA, April 19, 2017.

**Savage JS.** Invited Guest Expert Speaker: “What should parents do? Strategies that may promote self-regulated intake of treats”, 2017 State of the Industry Conference, Miami, FL, March 7, 2017.

**Savage JS.** Invited Guest Expert Speaker: “Community partnerships to eliminate obesity disparities in early childhood”, CTSI’s Bridges to Translation RFA Workshop, The Pennsylvania State University, University Park, PA, February 16, 2017.

**Savage JS.** COPE webinar live discussion: “What role does responsive parenting play in pediatric obesity prevention?”, MacDonald Center for Obesity Prevention and Education, Villanova University College of Nursing, Villanova, PA, January 18, 2017.

**Savage JS.** Invited Guest Expert Speaker: SNAP Ed obesity prevention initiatives in Bradford & Tioga Counties: Community partnerships for nutrition education, parent engagement, and evaluation of emerging interventions, Mansfield University, Mansfield, PA, November 18, 2016.

**Savage JS.** Invited Panelist: “Taking factors that influence the control of food intake in infancy and early childhood into interventions to prevent childhood obesity.” The Accelerating the Pathway from Ideas to Efficacy: Developing More Effective Interventions for Lifestyle Behaviors Related to Chronic Diseases Meeting was sponsored by the National Institute of Health, Bethesda, MD, September 28-29, 2016.

**Savage JS.** Invited Round Table Discussion, Invited Panelist: “Over-dilution of infant formula. Research meeting with food and nutrition service”, Live Meeting, United States Department of Agriculture Food and Nutrition Service. Live Meeting, September 20, 2016.

**Savage JS.** Webinar live discussion: “The role of responsive parenting in pediatric obesity prevention”, Early Care and Education Working Group. The working group is a collaborative effort of the Robert Wood Johnson Foundation’s Healthy Eating Research (HER) and Active Living Research (ALR) programs and the Centers for Disease Control and Prevention’s (CDC) Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) and Physical Activity Policy Research Network (PAPRN+). Webinar, September 19, 2016.

**Savage JS.** CCOR hosted a Nutrition Links Annual Conference tour facilitated by the Penn State Extension, Nutrition Links Program. Noll Laboratory, University Park, PA, September 13, 2016.

**Savage JS.** WEE Baby Care Study Protocol: Coordination between pediatricians and WIC for Early Childhood Obesity Prevention, Annual PA WIC Directors Meeting, Harrisburg, PA, August 17, 2016.

**Savage JS.** Media/Communications Workshop – one-day media training event: orientation to media relations and hands-on practice with their “elevator pitch” and media/on-camera interviews, University Park, PA, May 10, 2016.

**Savage JS.** Student Farm Club documentary screening of “FED UP” – Panel Discussion: How to create a food system where healthy, fresh foods are more accessible, University Park, PA, March 3, 2016.

**Savage JS**, Hess LB. Translating an evidence based Obesity Prevention Parenting Intervention into low-income urban settings in St. Louis, Department of Psychiatry, Washington University School of Medicine, St. Louis, MO, February 22-23, 2016.

**Savage JS**. Invited Round Table Discussion, Expert Panelist: “Shaping the Health of the Next Generation: Early Obesity Prevention Policy Roundtable Series”, American Academy of Pediatrics Institute for Healthy Childhood Weight, Elk Grove Village, IL, December 16-17, 2015.

**Savage JS**. “Can rapid infant weight gain and early childhood obesity be prevented?”, Geisinger 6<sup>th</sup> Annual Obesity Summit, Danville, PA, November 20, 2015.

**Savage JS**, Rolls B. WPSU/PBS/NPR Broadcasting – Conversations Live: Preventing and Treating Obesity, State College, PA, October 31, 2015.

**Savage JS**. Parenting Toolbox Study results in external funding to coordinate care between pediatricians and community nutritionists, Annual PA WIC Directors Meeting, University Park, PA, April 8, 2015.

Symons Downs D, **Savage JS**. Invited Round Table Discussion, Invited Panelist: “Gestational Weight Gain & Childhood Obesity Prevention”, Arizona State University, Phoenix, AZ, February 19, 2015.

**Savage JS**. Let’s Move Pennsylvania! Starting Early: Partnerships as keys to childhood obesity prevention, University Park, PA, October 8, 2014.

**Savage JS**. “The influence of parenting styles on feeding practices.” National WIC Association 2014 Annual Education and Networking Conference and Exhibits, Pittsburgh, PA, May 19, 2014.

Birch LL, **Savage JS**, Fisher JO. Understanding overeating: Does size matter? Forefronts in Portion Size Conference, Philadelphia, PA, May 15, 2014.

Rollins BY\*, **Savage JS**, Birch LL. Promoting children’s intake of candy in moderation: Exploring alternatives to parental restriction use. National Confectioners' Association Behavioral Think Tank Nutrition Meeting, San Diego, CA, April 25, 2014.

**Savage JS**. “Starting early, involving families, and establishing community partnerships: Key ingredients to translational pediatric obesity prevention.” The University of Georgia, Athens, GA, April 15, 2014.

**Savage JS**. “How does the intrauterine environment, early infant and childhood feeding experiences shape taste preferences and dietary behaviors during adolescence and adulthood?” EC-US Task force on Biotechnology Research. Symposium on “Understanding nutrition-related consumer behavior: Strategies to promote a lifetime of healthy food choices. Ghent, Belgium, May 21-22, 2013.

**Savage JS**. “Promoting responsive feeding practices among low-income WIC mothers utilizing smartphone technology: Lessons Learned.” National WIC Association Annual Education and Networking Conference and Exhibits, Denver, CO, May 20-23, 2012.

**Savage JS.** “Promoting responsive feeding practices through smartphones: Utilizing ecological momentary assessment to quantify feeding behaviors among low-income mothers.” The Methodology Center Brown Bag Seminar Series. The Pennsylvania State University, University Park, PA, February 23, 2012.

**Savage JS.** “Early experiences influence infants’ and young children’s eating behavior and weight status.” Early Years are Learning Years – Make Them Count Conference. University Park, PA, January 22, 2011.

**Savage JS.** “Early child feeding practices and the development of children’s eating and weight status.” Smart Start Series: Taking the hassle out of mealtimes: Improving children’s health and behavior. University Park, PA, March 28, 2009.

**Savage JS.** “Dietary energy density predicts weight change over 6 years.” Pennsylvania State University/Wageningen University Symposium. University Park, PA, October 22, 2007.

**Savage JS,** Ventura AK. “Influences on the development of children’s eating and weight status.” Juniata College: Lunch and Learn series, Juniata, PA, April 26, 2007.

#### **ABSTRACTS AND CONFERENCE PRESENTATIONS (POSTER):**

Eagleton SG\*, **Savage JS.** Emotional overeating moderates the link between food security status and body weight among Head Start preschoolers, Las Vegas, NV, November 3-7, 2019.

Eagleton SG\*, Cole RM\*\*, Na M, Jomaa L, **Savage JS.** Using an ecological framework to explore feeding practices in SNAP-Ed eligible Head Start families. The Obesity Society, Las Vegas, NV, November 3-7, 2019.

Leonard KS, Guo P, Pauley AM, Hohman EE, McNitt KM\*, Rivera DE, **Savage JS,** Symons Downs, D. Accuracy of back-calculated energy intake: comparing estimated vs. measured resting metabolic rate. The Obesity Society, Las Vegas, NV, November 3-7, 2019.

McNitt KM\*, Hohman EE, Haines J, Davison K, **Savage JS.** Development of the media parenting scale to measure screen related parenting practices. The Obesity Society, Las Vegas, NV, November 3-7, 2019.

Pauley AM, Leonard KS, Hohman EE, Rivera DE, Guo P, **Savage JS,** Symons Downs D. Agreement between self-report & objectively measured sleep in pregnant women with overweight/obesity. The Obesity Society, Las Vegas, NV, November 3-7, 2019.

Pauley AM, Leonard KS, Hohman EE, Rivera DE, Guo P, **Savage JS,** Symons Downs D. Influence of a weight management intervention on night awakenings in pregnant women. The Obesity Society, Las Vegas, NV, November 3-7, 2019.

Ruggiero CF\*, Hohman EE, Birch LL, Paul IM, **Savage JS.** Child satiety responsiveness moderates INSIGHT RP intervention effects on pressure-based feeding. The Obesity Society, Las Vegas, NV, November 3-7, 2019

**Savage JS,** Hess LB, Dattilo AM, Sigman-Grant M, Ward DS, Shuell J. Formative Evaluation of an Online Responsive Feeding Training Program for Early Childhood Education Professionals. American Society for Nutrition, Nutrition 2019, Baltimore, MD, June 8-11, 2019.

Ruggiero CF\*, Birch LL, Paul IM, **Savage JS**. Mothers Use More Structure-Based Feeding in Firstborns than Secondborn Siblings. American Society for Nutrition, Nutrition 2019, Baltimore, MD, June 8-11, 2019.

Gernand AD, Taylor LA, Hohman EE, McNitt KM\*, Symons Downs D, **Savage JS**. Micronutrient status across pregnancy in overweight with overweight and obesity. American Society for Nutrition, Nutrition 2019, Baltimore, MD, June 8-11, 2019.

Na M, Eagleton SG\*, Jomaa L, Lawton KN, **Savage JS**. Food insecurity is associated with suboptimal sleep quality among low-income Head Start preschool-aged children. American Society for Nutrition, Nutrition 2019, Baltimore, MD, June 8-11, 2019.

Hohman EE, Symons Downs D, **Savage JS**. Fetal adipose accumulation rate in early- but not mid-3rd trimester is associated with postnatal weight and adiposity. National Institute of Health Workshop: Body Composition Measurements from Birth through 5 Years: Challenges, Gaps, and Existing & Emerging Technologies, Bethesda, MD, May 30-31, 2019.

Harris HA\*, Kling SM\*\*\*, Marini ME, Bailey-Davis L, **Savage JS**. Infant growth measurements across care settings: Implications from the WEE Baby Care study. NIH Workshop: Body Composition Measurements from Birth through 5 Years: Challenges, Gaps, and Existing & Emerging Technologies, Bethesda, MD, May 30-31, 2019.

McNitt KM\*, Hess LB, **Savage JS**. Healthy Kids Club: Healthy Kids Club: Expanding SNAP-Ed Reach to Low-income, Rural families. PA Nutrition Education Network, 2019 PA NEN Annual Conference, Farmington, PA, April 29-30, 2019.

Ruggiero CF\*, Birch LL, Paul IM, **Savage JS**. Mothers Use More Structure-Based Feeding in Firstborns than Secondborn Siblings. Pediatric Academic Societies Meeting, Baltimore, MD, April 24-May 1, 2019.

Hyczko AV, Paul IM, Hohman EE, Birch LL, Anzman-Frasca S, **Savage JS**. Sex differences in maternal restrictive feeding practices in the INSIGHT Study. Pediatric Academic Societies Meeting, Baltimore, MD, April 24-May 1, 2019.

Adams EL\*, Marini ME, Brick TR, Paul IM, Birch LL, **Savage JS**. Ecological momentary assessment of using food to soothe during infancy in the INSIGHT trial. The Pennsylvania State University 34th Annual Graduate Exhibition, University Park, PA, March 22-24, 2019.

Reigh NA, Rolls BJ, **Savage JS**, Johnson SL, Lohse B, Zimmerman HT, Keller KL. Improvement in energy compensation in preschoolers following a self-regulation intervention differs by child sex. The Pennsylvania State University 34th Annual Graduate Exhibition, University Park, PA, March 22-24, 2019.

Ruggiero CF\*, Birch LL, Paul IM, **Savage JS**. Mothers Use More Structure-Based Feeding in Firstborns than Secondborn Siblings. The Pennsylvania State University 34th Annual Graduate Exhibition, University Park, PA, March 22-24, 2019.

Leonard KS, Pauley AM, Guo P, Hohman EE, Rivera DE, **Savage JS**, Symons Downs D. Accelerometer wear time threshold in pregnant women with overweight or obesity. Society Behavioral Medicine, 40<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 6-9, 2019.

Hohman EE, McNitt KM\*, Pauley AM, Leonard KS, Symons Downs D, **Savage JS**. Added sugar from beverages vs. foods is differentially associated with fetal weight in pregnant women with overweight/obesity. Society Behavioral Medicine, 40<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 6-9, 2019.

Hohman EE, Corr TE, Kawasaki S, **Savage JS**, Symons Downs D. Nutritional status differs by prescription opioid use among women of reproductive age. Recipient of the “Outstanding Abstract Award from the Women's Health Special Interest Group” at the Society Behavioral Medicine, 40<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 6-9, 2019.

Pauley AM, Hohman EE, Rivera DE, **Savage JS**, Leonard KS, Guo P, Symons Downs D. Association between sleep and depressive symptoms in pregnant women with overweight and obesity. Society Behavioral Medicine, 40<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 6-9, 2019.

Adams EL\*, Birch LL, Paul IM, **Savage JS**. Infant negativity and use of food to soothe is associated with greater screen time in toddlers. The Obesity Society, Nashville, TN, November 11-15, 2018.

Adams EL\*, **Savage JS**. Mothers and fathers perceptions of caring for infant nighttime needs and relationship satisfaction. The Obesity Society, Nashville, TN, November 11-15, 2018.

Hohman EE, McNitt KM\*, Pauley AM, Leonard KS, Pauli J, Gernand AD, Rivera DE, Smyth J, Symons Downs D, **Savage JS**. Within-person cortisol is associated with fetal growth in pregnant women with overweight/obesity. The Obesity Society, Nashville, TN, November 11-15, 2018.

Leonard KS, Pauley AM, Guo P, Hohman EE, Rivera DE, **Savage JS**, Symons Downs D. Change in Mobile Resting metabolism and adherence to Gestational Weight Gain Guidelines. The Obesity Society, Nashville, TN, November 11-15, 2018.

Pauley AM, Hohman EE, Leonard KS, Guo P, Rivera DE, **Savage JS**, Symons Downs D. Sleep and gestational weight gain in pregnant women with overweight & obesity. The Obesity Society, Nashville, TN, November 11-15, 2018.

Ruggiero CF\*, Birch LL, Paul IM, **Savage JS**. INSIGHT Responsive Parenting Intervention for firstborns impacts feeding practices for secondborns. The Obesity Society, Nashville, TN, November 11-15, 2018.

Craig SJ, Lin J, Kenney AM, Paul IM, Birch LL, **Savage JS**, Marini ME, Chiaromonte F, Reimherr ML, Makova KD. Harnessing longitudinal data to derive a new genetic risk score for childhood obesity. American Society of Human Genetics Meeting, San Diego, CA, Oct 16-20, 2018.

Hohman EE, Birch LL, Paul IM, **Savage JS**. Patterns of dietary intake at age 1 year differ between first- and second-born siblings. American Society for Nutrition, Nutrition 2018, Boston, MA, June 9-12, 2018.

Adams EL\*, **Savage JS**. Mothers vs. Fathers: Parent's perspectives on infant feeding styles and responsibilities. American Society for Nutrition, Nutrition 2018, Boston, MA, June 9-12, 2018.



Craig SJ, Lin J, Kenney AM, Paul IM, Birch LL, **Savage JS**, Marini ME, Chiaromonte F, Reimherr ML, Makova KD. Harnessing longitudinal data to derive a new genetic risk score for childhood obesity. Meeting on The Biology of Genomes, Cold Spring Harbor, NY, May 8-12, 2018.

Adams EL\*, **Savage JS**. Mothers vs. Fathers: Do parents' perceptions of infant feeding differ? The Pennsylvania State University 33rd Annual Graduate Exhibition, University Park, PA, March 23-25, 2018.

Ruggiero CF\*, Hess LB, Marini ME, McNitt KM, **Savage JS**. Web-based interactive modules to promote responsive feeding in WIC clients: Acceptability and feasibility pilot. The Pennsylvania State University 33rd Annual Graduate Exhibition, University Park, PA, March 23-25, 2018.

Leonard KS, Pauley AM, Guo P, Rivera DE, Hohman E, **Savage JS**, Symons Downs, D. Feasibility & validity of assessing resting metabolic rate with mobile metabolism in pregnancy women. The Pennsylvania State University 33rd Annual Graduate Exhibition, University Park, PA, March 23-25, 2018.

Kling SM\*\*\*, Bailey-Davis L, Cochran WJ, Cook A, Hess LB, Franceschelli-Hosterman J, Lutcher S, Marini ME, Mowery JW, Paul IM, Seiler C, **Savage JS**. Implementing a systems approach to integrate data and coordinate care between pediatric primary care and the WIC Program for responsive parenting and early obesity prevention. The 10<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, Arlington, VA, December 4-6, 2017.

Hohman EE\*, Birch LL, Paul IM, **Savage JS**. Psychosocial and demographic predictors of structure-based feeding among mothers in the INSIGHT RCT. Penn State 2017 Women's Health Research Day, University Park, PA, November 6, 2017.

Adams EL\*, Marini ME, Symons Downs D, Leonard KS, Paul IM, Kraschnewski JL, Kjerulff KH, **Savage JS**. Within-person patterns of gestational weight gain for multiparous women relate to pregnancy spacing. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.

Kling SM\*\*\*, Bailey-Davis L, Cochran WJ, Cook A, Hess LB, Franceschelli-Hosterman J, Lutcher S, Marini ME, Mowery JW, Paul IM, Seiler C, **Savage JS**. Integration and care coordination between WIC nutritionists and pediatricians for obesity prevention. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.

Leonard KS, Adams EL\*, **Savage JS**, Paul IM, Kraschnewski JL, Kjerulff KH, Symons Downs D. Influence of pre-pregnancy BMI & prenatal exercise on predictors of postpartum weight retention. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.

Leonard KS, Pauley AM, Guo P, Rivera DE, Hohman EE\*, **Savage JS**, Symons Downs D. Feasibility & validity of assessing resting metabolic rate with mobile metabolism in pregnant women. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.

Pauley AM, Hohman EE\*, **Savage JS**, Leonard KS, Symons Downs D. Overweight pregnant women's low psychological health & control: Possible barriers to self-regulation. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.



Reigh NA, Alla L, Cevallos MC, Williams SN, Rolls BJ, **Savage JS**, Johnson SL, Lohse B, Zimmerman HT, Keller KL. An intervention to improve eating self-regulation in children increases knowledge and energy compensation. The Obesity Society, Oxon Hill, MD, October 30-November 2, 2017.

Kling SM<sup>\*\*\*</sup>, Yan X, **Savage JS**, Welk G, Bailey-Davis L. Parent screening of obesity risk factors at well child visits leads to reductions in body mass index among elementary-age children: 2-year outcomes. The Academy of Nutrition and Dietetics will host the Centennial Food and Nutrition Conference and Expo Annual Conference, Chicago, IL, October 21-24, 2017.

Kling SM<sup>\*\*\*</sup>, **Savage JS**, Bailey-Davis L. WIC nutritionists and pediatricians provide conflicting information on introduction to solids and juice to families with young children. The Academy of Nutrition and Dietetics will host the Centennial Food and Nutrition Conference and Expo Annual Conference, Chicago, IL, October 21-24, 2017.

McManus K, Kraschnewski JL, Lehman EB, Leonard KS, Adams EL\*, **Savage JS**, Paul IM, Symons Downs D, Kjerulff KH. Breastfeeding benefits: Achieving measurable improvements in the weight outcomes of children. The Pennsylvania State University Cancer Institute Annual Retreat, Hershey, PA, August 1, 2017.

**Savage JS**, Keller KL, Rolls BJ. The Pennsylvania State University Childhood Prevention Graduate Training Transdisciplinary Program. The Society for Nutrition Education and Behavior Annual Conference, Washington, DC, July 20-July 24, 2017.

**Savage JS**, Rollins BY\*, Adams EL\*, Marini ME. Do children consume less candy in a free access environment before or directly after a standard test meal, in the absence of hunger? International Society for Behavioral Nutrition and Physical Activity 16<sup>th</sup> Annual Meeting, Victoria, BC, Canada, June 7-10, 2017.

**Savage JS**, Marini ME. Development of a short scale to assess parent use of food to manage and regulate children's emotions and behavior. International Society for Behavioral Nutrition and Physical Activity 16<sup>th</sup> Annual Meeting, Victoria, BC, Canada, June 7-10, 2017.

Adams EL\*, Marini ME, Symons Downs D, Leonard KS, Paul IM, Kraschnewski JL, Kjerulff KH, **Savage JS**. Within-person patterns of gestational weight gain for multiparous women relate to pregnancy spacing. The Pennsylvania State University 2017 Life Science Symposium, University Park, PA, May 18-19, 2017.

Craig SJ, Blankenberg D, Parodi ACL, Marini ME, **Savage JS**, Birch LL, Nekrutenko A, Paul IM, Reimherr ML, Chiaromonte F, Makova KD. Functional data analysis indicates that the oral microbiome is predictive of child weight gain. The Biology of Genomes Conference, New York, NY, May 9-13, 2017.

Rivera DE, Guo P, Symons Downs D, **Savage JS**. Evaluation of methods for predicting daily energy intake and handling misreporting in pregnant women. Society of Behavioral Medicine, 38<sup>th</sup> Annual Meeting & Scientific Sessions, San Diego, CA, March 29-April 1, 2017.

Freigoun M, Guo P, Rivera DE, Hohman EE\*, Pauley AM, Symons Downs D, **Savage JS**. A Dynamical Systems Model for understanding how the intrauterine environment affects fetal growth in an intervention context. Society of Behavioral Medicine, 38<sup>th</sup> Annual Meeting & Scientific Sessions, San Diego, CA, March 29-April 1, 2017.

Adams EL\*, Paul IM, Birch LL, Paul IM, **Savage JS**. INSIGHT Responsive Parenting Intervention reduces infant screen time. The Pennsylvania State University 32nd Annual Graduate Exhibition, University Park, PA, March 24-26, 2017.

Eagleton SG\*, Hohman EE\*, Birch LL, Marini EM, **Savage JS**. Project INSIGHT: Timing of mothers' return to work is associated with rapid infant weight gain. The Pennsylvania State University 32nd Annual Graduate Exhibition, University Park, PA, March 24-26, 2017.

Kling SM\*\*\*, **Savage JS**, Bailey-Davis L. WEE Baby Care Study: Care coordination between community nutritionists and pediatricians for early childhood obesity prevention. Faculty Research Symposium; The Commonwealth Medical College, Scranton, PA, December 2, 2016.

**Savage JS**, Symons Downs D, Rivera DE, Guo,P. Using dynamical systems modeling to understand the effects of the intrauterine environment on fetal growth. The Obesity Society, New Orleans, LA, October 31-November 4, 2016.

Symons Downs D, **Savage JS**, Hohman EE\*, Guo P, Rivera DE. An Individually-Tailored Gestational Weight Gain Intervention impacts determinants of healthy eating and exercise behaviors in overweight and obese pregnant women. The Obesity Society, New Orleans, LA, October 31-November 4, 2016.

Anzman-Frasca SL, Paul IM, Moding K, **Savage JS**, Birch LL. Effects of INSIGHT Obesity Intervention on parent-reported and observed infant temperament. The Obesity Society, New Orleans, LA, October 31-November 4, 2016.

Adams EL\*, Paul IM, Birch LL, Marini ME, **Savage JS**. INSIGHT Responsive Parenting Intervention reduces infant screen time. The Obesity Society, New Orleans, LA, October 31-November 4, 2016.

Craig SJ, Blankenberg D, Parodi ACL, Bouvier D, Marini ME, Reimherr ML, **Savage JS**, Birch LL, Chiaromonte F, Nekrutenko A, Paul IM, Makova KD. Rapid Infant weight gain is associated with perturbed oral and gut microbiomes at age 2 years: Findings from the INSIGHT Study. The Obesity Society, New Orleans, LA, October 31-November 4, 2016.

Hosterman JF, Morris GA, Bailey-Davis L, Cochran WJ, Hess LB, Marini ME, Lutcher S, Mowery JW, **Savage JS**. Perceptions about care coordination between pediatricians and Women, Infants and Children (WIC) for early childhood obesity prevention. American Academy of Pediatrics Section on Obesity, Moscone Center, San Francisco, CA, October 22-25, 2016.

**Savage JS**, Keller KL, Rolls BJ. The Pennsylvania State University Childhood Prevention Graduate Training Transdisciplinary Program. The Society for Nutrition Education and Behavior Annual Conference, San Diego, CA, July 30-August 2, 2016.

**Savage JS**. Exploring alternatives to restriction to moderate candy intake using the Multiphase Optimization Strategy (MOST): A feasibility study. 22th Annual Meeting of the Society for the Study of Ingestive Behavior, Porto, Portugal, July 12-16, 2016.

Bailey-Davis L, Morris GA, Cochran WJ, Hess LB, Marini ME, Mowery JW, Lutcher S, **Savage JS**. Cross-cutting themes about care coordination between pediatricians and community nutritionists for early childhood obesity prevention. Enhancing Patient- and Family-Centered Care through Learning, Discovery and Engagement: A Symposium, The Henry Hood Centre for Health Research, Geisinger Health System, Danville, PA, June 14-15, 2016.

Adams EL\*, Hohman EE\*, Birch LL, Paul IM, **Savage JS**. INSIGHT Study: Effects of postpartum weight retention on infant weight at age 1 year. 8<sup>th</sup> Pediatric Research Day, College of Medicine, Hershey Medical Center, Hershey, PA, May 26, 2016.

Craig SJ, Blankenberg D, Bouvier D, Marini ME, Beiler JS, Verdiglione N, **Savage JS**, Birch LL, Chiaromonte F, Nekrutenko A, Paul IM, Makova KD. Rapid growth between birth and two years is associated with lower diversity in oral and gut microbiomes. 8<sup>th</sup> Pediatric Research Day, College of Medicine, Hershey Medical Center, Hershey, PA, May 26, 2016.

Hohman EE\*, **Savage JS**, Paul IM, Birch LL. INSIGHT Study Parenting Intervention to prevent childhood obesity improves patterns of dietary exposures in infants. . 8<sup>th</sup> Pediatric Research Day, College of Medicine, Hershey Medical Center, Hershey, PA, May 26, 2016.

Craig SJ, Blankenberg D, Bouvier D, Marini ME, Beiler JS, Verdiglione N, **Savage JS**, Birch LL, Chiaromonte F, Nekrutenko A, Paul IM, Makova KD. Rapid growth between birth and two years is associated with lower diversity in oral and gut microbiomes. The Retreat of the Center for Medical Genomics, The Huck Institute of the Life Sciences, Penn State University, University Park, PA, May 19, 2016.

Balantekin KN\*, Rollins BY\*, Adams EL\*, Marini ME, **Savage JS**, Birch LL. Both mothers' and daughters' preadolescent dietary restraint predict daughters' dietary restraint at age 24. Results from a 15-year longitudinal study. 2016 International Conference on Eating Disorders, San Francisco, CA, May 5-7, 2016.

Tzilkowski A, McNitt KM, **Savage JS**. Healthy Habits, Healthy Children: A compilation of nutrition messages for families with young children. Learning Early Network Conference: Healthy Habits, Healthy Children, Sayre Theatre and Guthrie Campus, The Commonwealth Medical College, Sayre, PA, April 29, 2016.

Symons Downs D, **Savage JS**, Rivera DE, Guo P, Pauley AM. Preliminary findings from Healthy Mom Zone: An Individually-Tailored Intervention to manage weight gain in overweight and obese pregnant women. Women's Health Research Day Conference, University Conference and Fitness Center, College of Medicine, Hershey Medical Center, Hershey, PA, April 28, 2016.

Bailey-Davis L, Hess LB, Marini ME, Mowery JW, Lutcher S, **Savage JS**. WIC nutritionist perspectives on opportunities and challenges regarding care coordination with primary care providers for early childhood obesity prevention. Health Care Systems Research Network (HCSRN) Conference, Journal of Patient-Centered Research and Reviews. August 15., Vol. 3, Iss. 3. Atlanta, GA, April 13-16, 2016

Hohman EE\*, **Savage JS**, Paul IM, Birch LL. INSIGHT Study Parenting Intervention to prevent childhood obesity improves patterns of dietary exposures in infants. *Obesity*. ASN Emerging Leaders in Nutrition Science Poster Competition, San Diego, CA, April 2-6, 2016.

Laurence MM, Su SWM, Craig SJC, Marini ME, Beiler JS, Verdiglione N, **Savage JS**, Birch LL, Chiaromonte F, Paul IM, Makova KD. Effect of mitochondrial haplogroup on rapid weight gain in infants. The Pennsylvania State University Undergraduate Research Exhibition. University Park, PA, April 5-6, 2016.

Adams EL\* , Rollins BY\*, **Savage JS**. How Kids define candy, snacks, and meals: A qualitative study to inform public policy, 2<sup>nd</sup> Place . The Pennsylvania State University 31<sup>st</sup> Annual Graduate Exhibition, University Park, PA, March 18-20, 2016.

Balantekin KN\*, **Savage JS**, Rollins BY\*, Birch LL. Mothers and fathers encourage girls to diet differently, but it is father encouragement to diet that is associated with girls' use of unhealthy weight control behaviors. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Symons Downs D, **Savage JS**, Rivera DE, Pauley AM, Devlin CD, Balantekin, KN\*, Hess LB, Guo P. Assessment of energy balance in an Individually-Tailored, Adaptive Intervention to manage weight gain in overweight/obese pregnant women. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Bailey-Davis L, Yan X, Welk G, **Savage JS**, Cook A, Mowery JW, Yule C, Stametz RA, Cochran WJ. Weight outcomes for obesity prevention among elementary children exposed to a low-dose clinical intervention. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Bailey-Davis L, Yan X, Welk G, **Savage JS**, Cook A, Mowery JW, Yule C, Stametz RA, Cochran WJ. Effectiveness of parent screening before or after well child visits in preventing childhood obesity among toddlers. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

**Savage JS**, Balantekin KN\*, Kugler KC, Birch LL. Building a remotely-delivered Responsive Parenting Intervention to prevent pediatric obesity among low-income families. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Rose CM\*, **Savage JS**, Birch LL. Do differences between primiparous and multiparous mothers in feeding practices, perceptions of infant fussiness, and infant sleep place firstborns at greater risk for obesity? The Obesity Society, Los Angeles, CA, November 2-7, 2015.

English LK, Fearnbach SN, Lasschuijt M, Wilson SJ, Fisher JO, **Savage JS**, Rolls BJ, Keller KL. Appetitive traits are associated with the neural response to food portion size in Children. The Obesity Society, Los Angeles, CA, November 2-7, 2015.

Craig SJ, Blankenberg D, Bouvier D, Marini ME, Beiler JS, Verdiglione N, **Savage JS**, Birch LL, Chiaromonte F, Nekrutenko A, Paul IM, Makova KD. A lower diversity in oral and gut microbiomes at age two years is associated with rapid infant growth. Food Systems Approach to Gut Health Conference, The Pennsylvania State University, University Park, PA, October 14-15, 2015.

Craig SJ, Blankenberg D, Bouvier D, Marini ME, Beiler JS, Verdiglione N, **Savage JS**, Birch LL, Chiaromonte F, Nekrutenko A, Paul IM, Makova KD. A lower diversity in oral and gut microbiomes at age two years is associated with rapid infant growth. American Society of Human Genetics (ASHG) Annual Meeting, Baltimore, MD, October 6-10, 2015.

Rolls BJ, Keller KL, **Savage JS**, Jensen GL. The Pennsylvania State University Childhood Prevention Graduate Training Transdisciplinary Program. The Society for Nutrition Education and Behavior in Pittsburgh, PA, July 25-28, 2015.

**Savage JS**, Hohman EE\*, Paul IM, Birch LL. Parenting intervention reduces the use of feeding to soothe infant distress. International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, June 3-7, 2015.

Symons Downs D, **Savage JS**, Rivera DE, Pauley AM, Balantekin KN\*, Hess LB, Devlin CA. A Pilot Study to design an Individually-Tailored, Adaptive Intervention to manage prenatal weight gain. Women's Health Research Day, Hershey Medical Center, PA, April 28, 2015.

Symons Downs D, **Savage JS**, Rivera DE. A Pilot Study to design an Individually-Tailored, Adaptive Intervention to manage prenatal weight gain. Society of Behavioral Medicine, 36<sup>th</sup> Annual Meeting & Scientific Sessions, San Antonio, TX, April 22-25, 2015.

Balantekin KN\*, Birch LL, **Savage JS**. Patterns of self-reported dieting and energy intake in 15y girls. Experimental Biology Annual Meeting, Boston, MA, March 28-April 1, 2015.

English LK, Fearnbach SN, Harris SJ, Fisher JO, **Savage JS**, Rolls BJ, Keller KL. Child energy intake and fullness in response to portion size manipulations. 22nd Annual Meeting of the Society for the Study of Ingestive Behavior, Seattle, WA, July 20-August 2, 2014.

Balantekin KN\*, Birch LL, **Savage JS**. Eating in the absence of hunger is associated with a higher energy density diet. 22nd Annual Meeting of the Society for the Study of Ingestive Behavior, Seattle, WA, July 20-August 2, 2014.

Fearnbach SN, English LK, O'Neill LM, Fisher JO, **Savage JS**, Wilson SJ, Lemieux SK, Rolls BJ, Keller KL. Child fitness and changes in energy intake in response to doubling portion size. Hershey Pediatric Research Day, Hershey, PA, May 22, 2014.

Bleser JA\*, Rollins BY\*, **Savage JS**, Birch LL. Candy vs. snacks: Parent and child discussions of characteristics that define candy and snack foods. Experimental Biology. San Diego, CA, April 26-30, 2014.

Bailey-Davis L, Stametz RA, Cochran WJ, Mariotti M, Darer J, Gerrity G, Yan S, Leader JB, Birch LL, **Savage JS**, Welk G. Geisinger Health System's Clinical Interventions for preventing pediatric obesity-infancy through school age. Clinical Medicine & Research, HMO Research Network Conference, Phoenix, AZ, March 31-April 3, 2014.

Balantekin KN\*, **Savage JS**, Birch LL. Patterns of behavioral obesity risk factors among 11y girls. The Pennsylvania State University 29<sup>st</sup> Annual Graduate Exhibition, University Park, PA, March 2014.

Rose CM\*, Marini ME, **Savage JS**, Paul IM, Birch LL. Breast and bottle-feeding patterns differ by parity in a large national sample. The Pennsylvania State University 29<sup>st</sup> Annual Graduate Exhibition, University Park, PA, March 2014.

Rolls BJ, **Savage JS**, Keller KL, Jensen GL. The Pennsylvania State University Childhood Prevention Graduate Training Transdisciplinary Program. The Society for Nutrition Education and Behavior in Milwaukee, WI., June 28-July 1, 2014.

**Savage JS**, Kuglar KC, Birch LL. Using technology to deliver a responsive feeding intervention to promote healthy weight gain in toddlers: Which components seem reasonable for WIC mothers? The Obesity Society, Atlanta, GA, November 11-16, 2013.



Balantekin KN\*, **Savage JS**, Birch LL. Identification and prediction of patterns of dietary strategies among 15y girls. The Obesity Society, Atlanta, GA, November 11-16, 2013.

James BL\*, **Savage JS**, Birch LL. Weight status and temperament: Among toddlers enrolled in WIC, higher weight status is associated with lower effortful control and lower surgency. The Obesity Society, Atlanta, GA, November 11-16, 2013.

Kugler KC, **Savage JS**, Rollins BY\*, Birch LL. Psychosocial correlates of responsive feeding practices among low-income mothers. The Obesity Society, Atlanta, GA, November 11-16, 2013.

Rollins BY\*, **Savage JS**. Predicting increases and decreases in parental restriction from 7 to 9 y. The Obesity Society, Atlanta, GA, November 11-16, 2013.

Rose CM\*, **Savage JS**, Birch LL. Pre-pregnancy BMI predicts breastfeeding success in primiparous mothers intending to breastfeed. The Obesity Society, Atlanta, GA, November 11-16, 2013.

**Savage JS**, Kugler KC, Birch LL. Feasibility of using Ecological Momentary Assessment to quantify feeding to soothe behavior among low-income WIC mothers: A Pilot Study. Society for Prevention Research, San Francisco, CA, May 28-31, 2013.

Anzman-Frasca SL, **Savage JS**, James BL\*, Birch LL. Factor analysis of the Infant Behavior Questionnaire-Very Short Form in a low-income sample. The Society for Research in Child Development Biennial Meeting, Seattle, WA, April 2013.

Neshteruk CD\*\*, **Savage JS**, Birch LL. Why do WIC mothers choose not to follow current infant feeding recommendations? Experimental Biology, Boston, MA, April 20-24, 2013.

**Savage JS**, Birch LL. Maternal depression affects both responsive feeding practices and perceived infant negativity in a sample of WIC mothers. The Obesity Society, San Antonio, TX, September 20-24, 2012.

Bleser JA\*, **Savage JS**, Marini ME, Birch LL. Maternal employment and work conditions predict daughters' BMI. The Obesity Society, San Antonio, TX, September 20-24, 2012.

James BL\*, **Savage JS**, Birch LL. Barriers to healthy eating in low-income WIC mothers is associated with unhealthy weight control strategies. The Obesity Society, San Antonio, TX, September 20-24, 2012.

Balantekin KN\*, **Savage JS**, Marini ME, Birch LL. Parental encouragement of weight loss promotes daughters' dieting. The Obesity Society, San Antonio, TX, September 20-24, 2012.

**Savage JS**, Neshteruk CD\*\*, Birch, L.L. Developing an Infant Feeding Intervention to promote healthy growth: A focus group study of low-income, formula feeding mothers. International Conference on Infant Studies Biennial Meeting, Minneapolis, MN, June 2012.

Birch LL, Jensen GL, Mulfinger L, **Savage JS**, Zarit SH. The Pennsylvania State University Childhood Prevention Graduate Training Transdisciplinary Program. Society for Nutrition Education and Behavior Annual Conference. Washington, DC., July 14-17, 2012.



Xu S, Coffman DL, **Savage JS**. Evaluating the effect of TV watching on BMI over time: Drawing causal inferences from National Heart, Lung and Blood Institute Growth and Health Study. Poster presented at Penn State 5th Annual Postdoc Research Exhibition, University Park, PA, May 2012.

Balantekin KN\*, **Savage JS**, Birch LL. Parental encouragement of weight loss promotes daughter dieting. The Pennsylvania State University 27<sup>st</sup> Annual Graduate Exhibition, University Park, PA, March 2012.

Rose CM\*, Marini ME, Anzman-Frasca SL, **Savage JS**, Paul IM, Birch LL. Does gestational weight gain predict infant birth weight above and beyond pre-pregnancy BMI in a large, diverse sample? The Pennsylvania State University 27<sup>st</sup> Annual Graduate Exhibition, University Park, PA, March 2012.

Symons Downs D, Rauff EL, **Savage JS**. Preconception physical activity behavior and psychological well-being in pregnancy. The Obesity Society, Orlando, FL, October 1-5, 2011.

**Savage JS**, Rollins BY\*, Birch LL. Maternal and daughter weight predicts change in daughters' perceived parental restriction: A Latent Transition Model. The Obesity Society, San Diego, CA, October 8-12, 2010.

Bartok C, **Savage JS**, Birch LL. Accuracy of air displacement plethysmography in Caucasian adolescent girls. The Obesity Society, Washington, DC, October 24-28, 2009.

**Savage JS**, Birch LL, Paul IM, Marini ME, Anzman-Frasca SL, Stokes JL, Beiler JS. Finish your bottle but don't eat that: Maternal infant feeding practices during the first year of life. The Obesity Society, Washington, DC, October 24-28, 2009.

Anzman-Frasca SL, Birch LL, Paul IM, Marini ME, **Savage JS**, Beiler JS, Stokes JL. Early breastfeeding predicts maternal perception of infant soothability, subsequent feeding decisions, and infant weight status. The Obesity Society, Washington, DC, October 24-28, 2009.

**Savage JS**, Birch LL. Paternal and maternal encouragement of weight loss influences the emergence of daughters' dieting. The Obesity Society, New Orleans, LA, October 20-24, 2007.

**Savage JS**, Birch LL. Dieting behaviors predicts weight change among women over 8 years. Poster presented at the North American Association for the Study of Obesity Annual Meeting, Boston, MA, October 19-23, 2006.

**Savage JS**, Birch LL. Longitudinal investigation of healthy and unhealthy dieting practices in women. International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Boston, MA, July 13-16, 2006.

**Savage JS**, Birch LL. Linking activity preference of 9-year-old girls and their parents with weight status and fitness level at 11. The Obesity Society, Las Vegas, NV, November 14-18, 2004.

**Savage JS**, Birch LL. Girls' activity preferences are linked to weight status, TV viewing and fitness. International Society for Behavioral Nutrition and Physical Activity, Quebec City, Quebec, Canada, July 17-20, 2003.

**Savage JS**, Davison K, Birch LL. Physical activity is related to fitness and weight status among 11-year-old girls. Federation of American Societies for Experimental Biology, San Diego, CA, April 2003.

### **ABSTRACTS AND CONFERENCE PRESENTATIONS (Under Review):**

Adams EL, Master L, Buxton OM, **Savage JS**. Time for bed! Earlier sleep onset is associated with longer night sleep duration during infancy. Society of Behavioral Medicine, 41st Annual Meeting & Scientific Sessions, San Francisco, CA, April 1-4, 2020.

Leonard KS, Pauley AM, Hohman EE, McNitt KM, Guo P, Rivera DE, **Savage JS**, Symons Downs, D. Prenatal Intervention Reduces Postpartum Depressive Symptoms for Women with Overweight but not Obesity. Society of Behavioral Medicine, 41st Annual Meeting & Scientific Sessions, San Francisco, CA, April 1-4, 2020.

Pauley AM, Leonard KS, Hohman EE, McNitt KM, Guo P, Rivera DE, **Savage JS**, Symons Downs, D. Influence of a Prenatal Weight Management Intervention on Sleep Quality. Society of Behavioral Medicine, 41st Annual Meeting & Scientific Sessions, San Francisco, CA, April 1-4, 2020.

**Savage JS**, Bailey-Davis L, Kling SM, Harris HA\*, Mowery JW, Lutchter S, Marini ME. Feasibility of an integrated approach to coordinate care across clinical and community settings to prevent childhood obesity. Society of Behavioral Medicine, 41st Annual Meeting & Scientific Sessions, San Francisco, CA, April 1-4, 2020.

### **SERVICE to the Pennsylvania State University:**

College of Health and Human Development Mentoring Program

Becky Smith (Nutritional Sciences)	2009-2010
Anita Anim (Nutritional Sciences)	2011-2012
Nutritional Sciences Colloquium Committee	2014-2015
Interim Director, Center for Childhood Obesity Research	2014-2017
Co-Director, Childhood Obesity Prevention Training Program	2014-2018
Health & Human Development Health Disparities Committee	2015-2016
Nutritional Sciences Course and Curriculum Committee	2015-2016
Community Food Security Club Faculty Advisor	2015-2016
Courses and Curriculum Committee	2015-2017
Social Science Research Institute Steering Committee	2015-2017
College Scholarship Committee	2016-2017
Nutrition Diversity Committee	2016-2019
Clinical and Translational Sciences Dual-title Program (CTS)	2016-Pres
Panel Discussions on Funding for Innovative Teaching	2017
Courses and Curriculum Committee (chair)	2017-2018
Ad hoc Committee Nutrition 490W	2017-2018

Center for Individualized Health Research and Intervention (CIHRI) Advisory Board Member & Director Search Committee	2017-2018
Director, Center for Childhood Obesity Research	2017-Pres
Open Rank Ingestive Behavior Faculty Search Committee	2017-Pres
Courses and Curriculum Committee	2018-2020
Qualifying Exam Committee	2018-2019
Graduate Council Committee	2019-2020
Graduate Exhibition Committee	2019-2020
Alumni Mentoring Panel Discussant;HHD Careers in Health, Wellness & Beyond	2019
Presider; Penn State's 27th Annual Symposium on Family Issues "Families and Food"	2019

### **PEER REVIEW:**

Reviewer, *American Academy of Pediatrics' Institute for Healthy Childhood Weight with the support of the Center for Disease Control and Prevention*

Reviewer, *American Journal of Clinical Nutrition*

Reviewer, *American Journal of Preventive Medicine*

Reviewer, *Appetite*

Reviewer, *BMC Public Health*

Reviewer, *British Medical Journal*

Reviewer, *Health Education Research*

Reviewer, *Health and Place*

Reviewer & Editorial Board Member, *International Journal of Behavioural Nutrition and Physical Activity*

Reviewer, *International Journal of Pediatric Obesity*

Reviewer, *Journal of the American Dietetic Association*

Reviewer, *Journal of Nutrition Education and Behavior*

Reviewer, *Journal of Pediatric Obesity*

Reviewer, *Maternal and Child Health*

Reviewer, *Maternal and Child Nutrition*

Reviewer, *Obesity*

Reviewer, *Pediatric Obesity*

Reviewer, *Public Health Nutrition*

Reviewer, *Society for Nutrition Education and Behavior, 2019 Annual Conference*

Reviewer, *Society of Behavioral Medicine, 38<sup>th</sup> Annual Meeting & Scientific Sessions*

Reviewer, *Society of Behavioral Medicine, 39<sup>th</sup> Annual Meeting & Scientific Sessions*

Reviewer, *Society of Behavioral Medicine, 40<sup>th</sup> Annual Meeting & Scientific Sessions*

Reviewer, *Society of Behavioral Medicine, 41<sup>th</sup> Annual Meeting & Scientific Sessions*

Reviewer, *University of Buffalo, Clinical & Translational Science Institute*

### **PROFESSIONAL MEMBERSHIPS:**

American Society for Nutrition ( <b>ASN</b> )	2016-Pres
International Congress of Infants ( <b>ICIS</b> )	2018-2019
International Society for Behavioral Nutrition and Physical Activity ( <b>ISBNPA</b> )	2003-Pres
Society of Behavioral Medicine ( <b>SBM</b> )	2013-Pres
Society for Nutrition Education and Behavior ( <b>SNEB</b> )	2015-Pres
Society for the Study of Ingestive Behavior ( <b>SSIB</b> )	2013-Pres
The Obesity Society ( <b>TOS</b> )	2006-Pres

### **COMMITTEE MEMBER at the Pennsylvania State University:**

#### **M.S. STUDENTS:**

	<u>Degree Date</u>
Darcy Gungor (Nutritional Sciences)	2009
Brittany James (Human Development and Family Studies)	2013
Julia Bleser (Human Development & Family Studies)	2015
Katherine McNitt (Nutritional Sciences)	2021

#### **Ph.D. STUDENTS:**

	<u>Degree Date</u>
Brandi Rollins (Human Development & Family Studies)	2012
Erica Rauff (Kinesiology)	2013
Anita Subramanian (Nutritional Sciences)	2016
Travis Masterson (Nutritional Sciences)	2018
Alissa Smethers (Nutritional Sciences)	2018
Faris Zuraikat (Nutritional Sciences)	2018
Matt Cady (Nutritional Sciences)	2018
Shu Li (Communication Arts & Sciences)	2020
Bari Fuchs (Nutritional Sciences)	2022
Gina Mathew (Biobehavioral Health)	
Katelyn Fox (Nutritional Sciences - University of Rhode Island)	
Hanim Ecem Diktas (Nutritional Sciences)	
Christine E. Sanchez (Nutritional Sciences)	
Nicole Alana Reigh (Nutritional Sciences)	

#### **Ph.D. STUDENTS SUPERVISED:**

	<u>Degree Date</u>
Jessica Lindgren (Nutritional Sciences) (co-mentor)	2013
Katherine Balantekin (Nutritional Sciences) (co-mentor)	2015
Chelsea Rose (Nutritional Sciences) (co-mentor)	2015
Elizabeth Adams (Nutritional Sciences) (mentor)	2019
Sally Eagleton (Nutritional Sciences) (mentor)	2020
Cara Ruggiero (Nutritional Sciences) (mentor)	2021
Katherine McNitt (Nutritional Sciences) (mentor)	2023

**POST DOCTORAL TRAINING SUPERVISED:**

Brandi Rollins (Human Development & Family Studies)	2013 – 2015
Emily Hohman (Nutritional Sciences)	2014 – 2017
Samantha Kling (Nutritional Sciences)	2016 – 2019
Holly Harris (Nutritional Sciences)	2019 – Pres

**FACULTY ADVISOR FOR UNDERGRADUATE HONORS THESIS STUDENTS:** Degree Date

Jessica A. Galvin (Nutritional Sciences)	2008
Danielle K. Kominsky (Human Development & Family Studies)	2009
Noelle Hermann (Nutritional Sciences)	2011
Hilary Henderson (Nutritional Sciences)	2011
Nicholas Julius (Kinesiology)	2011
Jessica Geida (Life Sciences)	2012
Shannon O'Malley (Nutritional Sciences)	2012
Megan Siverling (Nutritional Sciences)	2015
Emily DuBartell (Nutritional Sciences)	2018

**TEACHING CERTIFICATION:**

Pennsylvania State University/Schreyer Institute Course in College (certificate course)	2006
Pennsylvania State University Graduate School Teaching Certificate	2008

**TEACHING EXPERIENCE at the Pennsylvania State University:**

***Instructor:***

NUTR 602: Supv Exp/Coll Tchg  
(Fall 2016, 2017)

NUTR 601: Thesis Research  
(Fall 2014, 2018, 2019, Spring 2015, 2017, 2018, 2019, Summer 2019)

NUTR 600: Thesis Research  
(Fall 2014, 2015, 2018, 2019, Spring 2015, 2019)

NUTR 596: Individual Studies  
(Spring 2018)

NUTR 532: Childhood Obesity  
(Fall 2015, 2019)

NUTR 496: Independent Studies  
(Fall 2016, 2018, Spring 2014, 2015, 2016, 2017, 2018, 2019)

NUTR 496: Journal Club  
(Fall 2017, 2018, 2019, Spring 2018)

NUTR 495: Undergraduate Research  
(Summer 2015, 2016)

NUTR 494H: Independent Studies (honors)  
(Fall 2014, 2017, Spring 2015, 2017)

NUTR 490W: Nutrition Seminar  
(Spring 2017, 2018)

NUTR 456: Community Nutrition  
(Fall 2016, 2017, Spring 2015, 2016)

NUTR 297: Healthy Food For All: Bridging the Gap Between Policy and Poverty  
(Fall 2018, Spring 2018)

NUTR 296: Independent Studies  
(Fall 2015, Spring 2016)

NUTR 251: Introductory Principles of Nutrition  
(Summer 2007, 2010, 2011, 2012, Spring 2012)

NUTR 175z: Healthy Food For All: Factors that Influence What we Eat in the US  
(Fall 2019)

NUTR 100: Contemporary Nutrition Concerns  
(Fall 2006, Spring 2007, Summer 2009)

***Teaching Assistant:***

NUTR 251: Introduction to Nutrition (Spring 2006)

***Guest Lecturer:***

BBH 297A: Strategies for Addressing the Obesity & Diabetes Epidemics

CTS 590: Colloquium

HDFS 529: Seminar in Child Development

HDFS 532: Childhood Obesity

KINES 321: Psychology of Movement Behavior

KINES 597B: Topics in Exercise Psychology

NUTR 451: Nutrition Throughout the Life Cycle

NUTR 456: Community Nutrition

NUTR 533: Adult Obesity

NUTR 583: Nutritional Epidemiology

NUTR 597A: Childhood Obesity

NUTR 597F: Obesity: Causes, Consequences, and Treatment

Journal Club: Childhood Obesity Prevention Training Program