

# COURTNEY E. BYRD-WILLIAMS, PHD

## CURRICULUM VITAE, OCTOBER 2025

UTHealth Houston School of Public Health  
Michael and Susan Dell Center for Healthy Living  
1836 San Jacinto, Ste 510, Austin, TX, 78701  
E-mail: courtney.e.byrdwilliams@uth.tmc.edu  
Work Phone: (512) 391-2508, Cell Phone: (626) 688-0894

### **EDUCATION**

---

Postdoctoral Fellow 2009 – 2012	University of Texas School of Public Health, Cancer Education and Career Development Program Grant number: NCI/NIH Grant R25 CA57712 (PI:Mullen)
Ph.D. Predoctoral Fellow 2009	Preventive Medicine, Health Behavior Research University of Southern California, Los Angeles, CA Grant number: NCI/NIH Grant T32CA009492 (PI: Pentz)
B.A. 1999	Psychology University of Texas at Austin, Austin, TX

### **RELEVANT EMPLOYMENT**

---

UTHEALTH HOUSTON, SCHOOL OF PUBLIC HEALTH, Austin, TX Assistant Professor (tenure track)	2016-present
UTHEALTH HOUSTON, SCHOOL OF PUBLIC HEALTH, Austin, TX Assistant Professor (non-tenure track)	2015-2016
UTHEALTH HOUSTON, SCHOOL OF PUBLIC HEALTH, Austin, TX Faculty Associate	2012-2015
UTHEALTH HOUSTON, SCHOOL OF PUBLIC HEALTH, Austin, TX Postdoctoral Fellow; Mentors Drs. Patricia Mullen and Deanna Hoelscher	2009-2012
UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, CA Graduate Research Assistant; Mentor Dr. Michael I. Goran	2006-2009
UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, CA Graduate Research Assistant; Supervisor Dr. Mary Ann Pentz	2004-2006
UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF PUBLIC HEALTH NURSING Social Science Research Associate II; Supervisor Dr. Lynn Rew	2003
UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF CLINICAL PSYCHOLOGY Social Science Research Associate I; Supervisor Dr. Eric Stice	2001-2002

### **PUBLIC HEALTH FOCUS AREAS**

---

- Strengthening the maternal and child health (MCH) workforce through training, curriculum development, and capacity-building initiatives
- Individual, social, and environmental predictors of health behaviors of infants, toddlers, preschoolers, children, adolescents, and their families
- Effects of nutrition, physical activity, and oral health interventions on behavioral constructs, body composition, caries, and metabolic profiles in youth

## **PEER-REVIEWED PUBLICATIONS**

---

\*indicates postdoctoral, graduate, or undergraduate mentee

### **PUBLISHED OR IN PRESS**

1. Kapera O\*, Chen B, Almandoz JP, **Byrd-Williams C**, Messiah S. Prevalence of weight stigma in medical settings among reproductive-aged women in All of Us study. *Obstet Gynecol*. 2024 July. doi:10.1097/AOG.000000005614. PMID: 38781589
2. Sharma S, Senn M\*, Zieba A, Tang M\*, Chuang RJ, **Byrd-Williams C**, Pomeroy M, Gaminian A, Cox J, French K, Ranjit N. Design, protocol and baseline data of Nurturing Healthy Teachers, a cluster non-randomized controlled trial to improve the health, well-being, and food security of preschool and elementary school teachers in Houston, Texas. *Prev Med Rep*. 2024 Apr. 40:102674. doi:10.1016/j.pmedr.2024.102674. PMID: 38464420
3. Saroukhani S\*, Samms-Vaughan M, Bressler J, Lee M, **Byrd-Williams C**, Hessabi M, Grove ML, Shakespeare-Pellington S, Loveland KA, Rahbar MH. Additive or interactive associations of food allergies with Glutathione S-Transferase Genes in Relation to ASD and ASD Severity in Jamaican Children. *J Autism Dev Disord*. 2024 Feb. doi: 10.1007/s10803-022-05813-7. PMID: 36436147
4. Zwiya HT\*, Samms-Vaughan M, Bressler J, Lee M, **Byrd-Williams C**, Hessabi M, Grove M, Shakespeare-Pellington S, Loveland K, Rahbar M. Are there sex differences in interactive associations of environmental exposure to Lead (Pb), Mercury (Hg), and Manganese (Mn) with GST Genes (GSTP1, GSTT1, and GSTM1) in relation to ASD in Jamaican children? *Research in Autism Spectrum Disorders*. 2023 Jul;105:102162. doi:10.1016/j.rasd.2023.102162
5. Koepf AE\*, Lanza K, **Byrd-Williams C**, Bryan AE, Gershoff ET. Ambient temperature increases and preschoolers' outdoor physical activity. *JAMA Pediatr*. 2023 May 1;177(5):539-540. doi:10.1001/jamapediatrics.2023.0067. PMID: 36939692; PMCID: PMC10028534
6. Saroukhani S\*, Samms-Vaughan M, Bressler J, Lee M, **Byrd-Williams C**, Hessabi M, Grove ML, Shakespeare-Pellington S, Loveland KA, Rahbar MH. Interactive associations of eczema with glutathione S-transferase genes in relation to autism spectrum disorder and its severity in Jamaican children. *Res Autism Spectr Disord*. 2023 Jul;105:102183. doi: 10.1016/j.rasd.2023.102183
7. Chuang RJ, **Byrd-Williams C**, Yamal JM, Johnson K, Kelder S, Nelson S, Mofleh D, Sharma SV. Design for a cluster randomized controlled trial to evaluate the effects of the CATCH Healthy Smiles school-based oral health promotion intervention among elementary school children. *Contemp Clin Trials Commun*. 2022 Nov 5;30:101033. doi: 10.1016/j.conctc.2022.101033. PMCID: PMC9664405
8. Sharma S, Kelder S, Yamal JM, Chuang RJ, **Byrd-Williams C**, Bona G, Bajaj N, Brito F, Neumann AS. Development and feasibility testing of CATCH Healthy Smiles, an oral health promotion intervention for prevention of dental caries among elementary school children. *Journal of School Health*. 2022 Jan;92(1):20-30. doi: 10.1111/josh.13100
9. Dooley EE\*, Browning CA, Thi CA, Hoelscher DH, **Byrd-Williams CE**. Association of quality rating and improvement system, Texas Rising Star, on physical activity and screen time policies and practices in Texas child care centers. *American Journal of Health Promotion*. 2021 Sep;35(7):984-987. doi: 10.1177/08901171211003826. Epub 2021 Mar 31. PMID: 33787366
10. **Byrd-Williams C**, Ewing M\*, Rosenthal EL, St John JA, Menking P, Redondo F, Sieswerda S. Training Needs of Community Health Workers Facing the COVID-19 Pandemic in Texas: A

Cross-Sectional Study. *Frontiers Public Health*. 2021 Jun 14;9:689946. doi: 10.3389/fpubh.2021.689946. PMID: 34195172. No NIH funding.

11. Dooley EE\*, Pettee Gabriel K, Kohl HW 3rd, Durand CP, Hoelscher DM, **Byrd-Williams CE**. Adiposity, cardiovascular, and health-related quality of life indicators and the reallocation of waking movement behaviors in preschool children with overweight and obesity: An isotemporal data analysis. *PLoS One*. 2020 Nov 10;15(11):e0242088. doi: 10.1371/journal.pone.0242088. PMID: 33170898
12. Reat A\*, Matthews K\*, Carver A, Perez CA\*, Stagg J, **Byrd-Williams CE**. Support for breastfeeding employees: Assessing statewide worksite lactation support recognition initiative in the US. *Journal of Human Lactation*. 2020 Aug 22;890334419865902. doi: 10.1177/0890334419865902. No NIH funding.
13. Dooley EE\*, Thi CA, Browning CA, Hoelscher DH, **Byrd-Williams CE**. Examining physical activity policies to practice implementation: Results from the Texas Early Childhood Physical Activity Survey in non-Head Start childcare centers. *Preventive Medicine Reports*. 2019 November 29; 17:101019. Doi: 10.1016/j.pmedr.2019101019. No NIH funding.
14. Nicksic NE\*, Massie AW\*, **Byrd-Williams CE**, Kelder SH, Sharma SV, Butte NF, Hoelscher DM. Dietary intake, attitudes toward health food and dental pain in low-income youth. *JDR Clin Trans Res*. 2018 Jul;3(3):279-287. doi: 10.1177/2380084418774039. No NIH funding.
15. Sharma SV, Chuang RJ, **Byrd-Williams CE**, Vandewater E, Butte N, Hoelscher DM. Using process evaluation for implementation success of preschool-based programs for obesity prevention: The TX Childhood Obesity Research Demonstration Study. *J Sch Health*. 2019 May;89(5):382-392. Doi:10.1111/josh.12745. No NIH funding.
16. **Byrd-Williams CE**, Dooley EE, Thi CA, Browning C, Hoelscher DM. Physical activity, screen time, and outdoor learning environment practices and policy implementation: a cross sectional study of Texas child care centers. *BMC Public Health*. 2019 Mar 7;19(1):274. doi: 10.1186/s12889-019-6588-5. No NIH funding.
17. Hoelscher DM, Sharma SV, **Byrd-Williams CE**. Prevention of obesity in early childhood: What are the next steps? *Am J Public Health*. 2018 Dec;108(12):1585-1587. doi: 10.2105/AJPH.2018.304779. No NIH funding.
18. Sharma SV, Vandewater E, Chuang RJ, **Byrd-Williams C**, Kelder S, Butte N, Hoelscher DM. Impact of the Coordinated Approach to Child Health Early Childhood program for obesity prevention among preschool children: The Texas Childhood Obesity Research Demonstration Study. *Child Obes*. 2019 Jan;15(1):1-13. doi: 10.1089/chi.2018.0010
19. Wilson TA, Liu Y, Adolph AL, Sacher PM, Barlow SE, Pont S, Sharma S, **Byrd-Williams C**, Hoelscher DM, Butte NF. Behavior modification of diet and parent feeding practices in a community- vs primary care-centered intervention for childhood obesity. *J Nutr Educ Behav*. 2018 Aug 20. doi: 10.1016/j.jneb.2018.05.010. No NIH funding.
20. Sharma SV, Chuang RJ, **Byrd-Williams C**, Danho M, Upadhyaya M, Berens P, Hoelscher DM. Pilot evaluation of HEAL – A natural experiment to promote obesity prevention behaviors among low-income pregnant women. *Prev Med Rep*. 2018 Apr 9;10:254-262. doi: 10.1016/j.pmedr.2018.04.005. No NIH funding.

21. Romo-Palafox MJ, Ranjit N, Sweitzer SJ, Roberts-Gray C, **Byrd-Williams CE**, Briley ME, Hoelscher DM. Contribution of beverage selection to the dietary quality of the packed lunches eaten by preschool-aged children. *J Acad Nutr Diet*. 2018 Aug;118(8):1417-1424. doi: 10.1016/j.jand.2017.11.008
22. Roberts-Gray C, Ranjit N, Sweitzer SJ, **Byrd-Williams CE**, Romo-Palafox MJ, Briley ME, Hoelscher DM. Parent packs, child eats: Surprising results of Lunch is in the Bag's efficacy trial. *Appetite*. 2018 Feb 1;121:249-262. PMID: PMC5868976. doi: 10.1016/j.appet.2017.10.033
23. **Byrd-Williams CE**, Dooley EE\*, Sharma SV, Chuang RJ, Butte NF, Hoelscher DM. Best practices and barriers to obesity prevention in Head Start: Baseline differences in director and teacher perceptions from the TX CORD Study. *Preventing Chronic Disease*. 2017 Dec 21;14:E139. PMID: PMC5743025
24. Butte NF, Hoelscher DM, Barlow SE, Pont S, Durand C, Vandewater EA, Liu Y, Adolph AL, Pérez A, Wilson TA, Gonzalez A, Puyau MR, Sharma SV, **Byrd-Williams CE**, Oluyomi A, Huang T, Finkelstein EA, Sacher PM, Kelder SH. Efficacy of a community- versus primary care-centered program for childhood obesity: TX CORD RCT. *Obesity*. 2017 Sep;25(9):153-162. No NIH funding.
25. Romo-Palafox MJ, Ranjit N, Sweitzer SJ, Roberts-Gray C, **Byrd-Williams CE**, Briley ME, Hoelscher DM. Adequacy of parent-packed lunches and preschooler's consumption compared to dietary reference intake recommendations. *Journal of the American College of Nutrition*. 2017 Jan 6:1-8. doi: 10.1002/oby.21929
26. Roberts-Gray C, Sweitzer SJ, Ranjit N, Potratz C, Rood M, Romo-Palafox MJ, **Byrd-Williams CE**, Briley ME, Hoelscher DM. Structuring process evaluation to forecast use and sustainability of an intervention theory and data from the efficacy trial for Lunch Is in the Bag. *Health Education & Behavior*. 2016 Nov 17:1090198116676470
27. Dev D, **Byrd-Williams C**, Ramsay S, McBride B, May A, Arcan C, Shrivastav D, Adachi-Meija A. Engaging parents to promote children's nutrition and health. *American Journal of Health Promotion*. 2017 Mar;31(2):153-162. doi: 10.1177/0890117116685426
28. Roberts-Gray C, Briley ME, Ranjit N, **Byrd-Williams CE**, Sweitzer S, Sharma SV, Palafox MR, Hoelscher DM. Efficacy of the Lunch is in the Bag intervention to increase parents' packing of healthy bag lunches for young children: a cluster-randomized trial in early care and education centers. *International Journal of Behavioral Nutrition and Physical Activity*. 2016 Jan 8;13(1):3. doi: 10.1186/s12966-015-0326-x
29. Romo-Palafox M, Ranjit N, Sweitzer S, Roberts-Gray C, Hoelscher D, **Byrd-Williams C**, Briley M. Dietary quality of preschooler's sack lunches as measured by the Healthy Eating Index. *Journal of the Academy of Nutrition and Dietetics*. 2015 Nov;115(11):1779-88. doi: 10.1016/j.jand.2015.05.017
30. Sharma S, Rashid T, Ranjit N, **Byrd-Williams C**, Chaung R, Roberts-Gray C, Briley M, Sweitzer S, Hoelscher D. Effectiveness of the Lunch is in the Bag program on communication between the parent, child and child-care provider around fruits, vegetables and whole grain foods: a group-randomized controlled trial. *Preventive Medicine*. 2015 Jul 17;81:1-8. doi: 10.1016/j.ypmed.2015.07.005

31. **Byrd-Williams CE**, Camp E, Mullen PD, Briley M, Hoelscher DM. How local and state regulations affect the child care food environment: A qualitative study of child care directors' perspectives. *Infant, Child, and Adolescent Nutrition*. 2015 Apr;7(2):99-106. doi: 10.1177/1941406415575075
32. Sweitzer S, **Byrd-Williams C**, Ranjit N, Briley M, Roberts-Gray C, Hoelscher D. Development of a method to observe preschoolers' packed lunches in child care centers. *Journal of the Academy of Nutrition and Dietetics*. 2015 May 12. Pii:S2212-2672(15)329-9. doi: 10.1016/j.jand.2015.03.012
33. Oluyomi O, Byars A, **Byrd-Williams CE**, Sharma S, Durand C, Hoelscher DM, Butte N, Kelder SH. The utility of geographical information systems (GIS) in systems-oriented obesity intervention projects: The selection of comparable study sites for a quasi-experimental intervention design – TX CORD. *Childhood Obesity*. 2015 Feb; 11(1):58-70. doi: 10.1089/chi.2014.0054
34. Hoelscher DM, Butte NF, Barlow S, Vandewater EA, Sharma SV, Huang TK, Finkelstein E, Pont SJ, Sacher P, **Byrd-Williams CE**, Oluyomi O, Durand C, Li L, Kelder SH. A systems approach to childhood obesity prevention and treatment: The Texas Child Obesity Research Demonstration (TX CORD) Study. *Childhood Obesity*. 2015 Feb; 11(1):71-91. doi: 10.1089/chi.2014.0084
35. Sharma S, Upadhyaya M, Schober D, **Byrd-Williams CE**. A conceptual framework of organizational readiness to implement nutrition and physical activity programs in early childhood education (ECE) settings. *Preventing Chronic Disease*. 2014 Oct 30;11:E190. PMID: 4215571; doi :10.5888/pcd11.140166
36. Springer AE, Kelder SH, **Byrd-Williams CE**, Pasch KE, Ranjit N, Delk JE, Hoelscher DM. Promoting energy-balance behaviors among ethnically diverse adolescents: Overview and baseline findings of the central Texas CATCH Middle School Project. *Journal of Health Education and Behavior*. 2013 Oct;40(5):559-70. PMID: n/a; doi: 10.1177/1090198112459516
37. Sharma S, Skala K., **Byrd-Williams CE**, Truxillio JB, Rahman GA. Nutrition-related knowledge, attitudes, and dietary behaviors among Head Start teachers in Texas: A cross-sectional study. *Journal of the Academy of Nutrition and Dietetics*. 2013 Apr;113(4):558-62. PMID: 3619413; doi: 10.1016/j.jand.2013.01.003
38. Belcher BR, Chou CP, Nguyen-Rodriguez ST, Hsu YW, **Byrd-Williams CE**, McClain AD, Weigensberg MJ, Spuijt-Metz D. Leptin predicts a decline in moderate to vigorous physical activity in minority female children at risk for obesity. *Pediatric Obesity*. 2013 Feb;8(1):70-7. PMID: PMC3527645; doi: 10.1111/j.2047-6310.2012.00091.x
39. Hasson RE, Adam TC, Davis JN, Kelly LA, Ventura EE, Toledo-Corral C, **Byrd-Williams CE**, Roberts CK, Lane CJ, Azen SP, Chou C, Spruijt-Metz D, Weigensberg MJ, Berhane K, Goran MI. Randomized controlled trial to improve adiposity, inflammation, and insulin resistance in obese African American and Latino youth. *Obesity*. 2012 Apr;20 (4):811–18. PMID: 3106142; doi:10.1038/oby.2010.343
40. Alderete TL, Gyllenhammer LE, **Byrd-Williams CE**, Spruijt-Metz D, Goran MI, David JN. Increasing physical activity decreases hepatic fat and metabolic risk factors. *Journal of Exercise Physiology Online*. 2012 Apr;15(2):40-54. PMID: PMC3695481; ISSN: 1097-9751
41. Davis JN, Ventura EE, Tung A, Munerva MA, Hasson RE, **Byrd-Williams CE**, Vanni AK, Spruijt-Metz D, Weigensberg M, Goran MI. Effects of a randomized maintenance intervention on adiposity

- and metabolic risk factors in overweight minority adolescents. *Pediatric Obesity*. 2012 Feb;7(1):16-27. PMID: 3313084; doi:10.1111/j.2047-6310.2011.00002.x
42. Alderete TL, **Byrd-Williams CE**, Toledo-Corral CM, Conti DV, Weigensberg MJ, Goran MI. Relationships between IGF-I and IGFBP-I and adiposity in obese African American and Latino adolescents. *Obesity*. 2011 May;19(5):933-8. PMID: 3081365; doi: 10.1038/oby.2010.211
  43. **Byrd-Williams CE**, Belcher BR, Spruijt-Metz D, Davis JN, Ventura EE, Kelly LA, Berhane K, Azen S, Goran MI. Increased physical activity and reduced adiposity in overweight Hispanic adolescents. *Medicine and Science in Sports and Exercise*. 2010 Mar;42(3):478-84. PMID: 189418; doi: 10.1249/MSS.0b013e3181b9c45b
  44. Davis JN, Ventura EE, Shaibi GQ, **Byrd-Williams CE**, Alexander KE, Vanni AK, Meija MR, Lane CJ, Weigensberg MJ, Spruijt-Metz D, Goran MI. Interventions for improving metabolic risk in overweight Latino youth. *International Journal of Pediatric Obesity*. 2010 Oct;5(5):451-5. PMID: 20387989; doi: 103109/17477161003770123
  45. Ranjit N, Evans M, **Byrd-Williams CE**, Evans A, Hoelscher DM. Dietary and activity correlates of sugar-sweetened beverage consumption among adolescents. *Pediatrics*. 2010 Oct;126(4):e754-61. PMID: 3045775; doi:10.1542/peds.2010-1229
  46. **Byrd-Williams CE**, Kelly LA, Strothers M, Huang TK. Dietary fiber and associations with adiposity and fasting insulin among college students with plausible dietary reports. *Nutrition: The International Journal of Applied and Basic Nutritional Sciences*. 2009 Sep;25(9):896-904. PMID: 2780237; doi: 10.1016/j.nut.2009.02.003
  47. Davis JN, Kelly LA, Ventura EE, **Byrd-Williams CE**, Alexander KE, Azen SP, Chou CP, Spruijt-Metz D, Weigensberg MJ, Behrane K, Goran MI. Randomized control trial to improve adiposity and insulin resistance in overweight Latina adolescents. *Obesity*. 2009 Aug;17(8):1542-8. PMID: 2846423; doi: 10.1038/oby.2009.19
  48. Davis JN, Tung A, Chak SS, Ventura EE, **Byrd-Williams CE**, Alexander KA, Lane CJ, Weigensberg MJ, Spruijt-Metz D, Goran MI. Aerobic and strength training reduces adiposity in overweight Latina adolescents. *Medicine and Science in Sports and Exercise*. 2009 Jul;41(7):1494-503. PMID: 2836768; doi: 10.1249/MSS.0b013e31819b6aea
  49. Ventura EE, Davis JN, **Byrd-Williams CE**, Alexander KE, McClain A, Lane CJ, Spruijt-Metz D, Weigensberg MJ, Goran MI. Reduction in risk factors for type 2 diabetes mellitus in response to a low-sugar, high-fiber dietary intervention in overweight Latino adolescents. *Archives of Pediatrics and Adolescent Medicine*. 2009 Apr;163(4):320-7. PMID: 285081
  50. Kelly LA, Lane CJ, Ball GD, Weigensberg MJ, Vargas LG, **Byrd-Williams CE**, Ventura EE, Goran MI. Birth weight and body composition in overweight Latino youth: a longitudinal analysis. *Obesity*. 2008 Nov;108(8):2524-8. PMID: n/a; doi: 10.1038/oby.2008.401
  51. **Byrd-Williams CE**, Shaibi GQ, Ventura EE, Sun P, Lane CJ, Davis JN, Kelly LA, Goran MI. Cardiorespiratory fitness predicts changes in adiposity in overweight Hispanic boys. *Obesity*. 2008 May;16(5):1072-7. PMID: 2831808; doi: 10.1038/oby.2008.16
  52. Ventura EE, Davis JN, Alexander KE, Shaibi GQ, Lee W, **Byrd-Williams CE**, Toledo-Corral CM, Lane CJ, Kelly LA, Weigensberg MJ, Goran MI. Dietary intake and the metabolic syndrome in

overweight Latino children. *Journal of American Dietetic Association*. 2008 Aug;108(8):1355-9. PMID: 2882193; doi:10.1016/j.jada.2008.05.006

53. Davis JN, Alexander KE, Ventura EE, Kelly LA, Lane CJ, **Byrd-Williams CE**, Toledo-Corral CM, Roberts CK, Spruijt-Metz D, Weigensberg MJ, Goran MI. Associations of dietary sugar and glycemic index with adiposity and insulin dynamics in overweight Latino youth. *American Journal of Clinical Nutrition*. 2007 Nov;86(5):1331-8. PMID: n/a
54. Koebnick C, Shaibi GQ, Kelly LA, Roberts CK, Lane CJ, Toledo-Corral C, Davis JN, **Byrd-Williams CE**, Weigensberg MJ, Goran MI. Leptin-to-adiponectin ratio as independent predictor of insulin sensitivity during growth in overweight Hispanic youth. *Journal of Endocrinological Investigation*. 2007 Jul-Aug;30(7):RC13-6. PMID: n/a
55. **Byrd-Williams CE**, Kelly LA, Davis JN, Spruijt-Metz D, Goran MI. Influence of gender, BMI, and Hispanic ethnicity on physical activity in children. *International Journal of Pediatric Obesity*. Jul 2007;2(3):159-66. PMID: n/a; doi: 10.1080/17477160701369167

#### UNDER REVIEW

56. **Byrd-Williams C**, Willa A\*, Brand K\*. Meal and snack provision practices in Texas early care and education centers in Texas: A statewide survey.
57. Eapen D, Matthews K, Manikonda L, **Byrd-Williams C**. Intimate partner violence before and during pregnancy and the association with adverse birth outcomes: A nationally representative analysis using PRAMS data, 2016–2021.
58. Klawans M\*, Benjamin R, Maroufy V, **Byrd-Williams C**, Canfield M, Miao Z, Waller K, National Birth Defects Prevention Study. Cannabis use and pregnancy outcomes: Findings from the National Birth Defects Prevention Study.

#### BOOK CHAPTERS

Day RS, Hoelscher DM, **Byrd-Williams CE**, Wilkinson ML. Validity and reliability of dietary assessment in school-age children. In: Berdanier CD, Ed., *Handbook of Nutrition and Food, Third Edition, 2013*. Taylor and Francis Group, Boca Raton, FL.

#### GRANT ACTIVITIES

\*Dollars shown are total direct costs, not including indirect costs

#### **CURRENTLY FUNDED**

1. Funding Agency: National Institute of Dental & Craniofacial Research/NIH/DHHS (NIDCR)  
PI: Sharma 4/03/2020 – 06/30/2026  
Role: Co-Investigator \$4,093,511  
Title: *Catch Healthy Smiles: A Cluster-RCT Of an Elementary School Oral Health Intervention*  
Description: A cluster randomized controlled trial to test the efficacy of an elementary school-based oral health intervention to reduce caries among kindergarten – 2<sup>nd</sup> grade students.
2. Funding Agency: Texas Workforce Commission  
PI: Mandell 03/01/2023 – 12/31/2025  
Role: Co-Investigator \$1,200,000  
Title: *Preschool Development Grant Birth through 5*

Description: The activities of this grant center on producing a needs assessment for the early childhood system in Texas and evaluating the impact of state's activities towards strengthening the early childhood system.

3. Funding Agency: University of Texas System

PI: **Byrd-Williams**

10/01/2023 – 08/31/2025

Role: PI

\$11,500

Title: *Website and Design Support for the Texas Child Mental Health Care Consortium*

Description: A contract to provide support of a website to support the Texas Child Mental Health Care Consortium that aims to provide all Texas children and adolescents with the best mental health outcomes possible.

***UNDER REVIEW***

1. Funding Agency: St. David's Foundation

PI: Byrd-Williams

10/01/2025 – 09/30/2027

Role: Multi-PI

\$600,000

Title: *Healthy Mothers, Healthy Deliveries: Improving Access to Nourishment and Support During the Perinatal Period through a Community-Based Food Home Delivery Program*

Description: An evaluation of a community-based home food delivery program that aims to improve access to nutritious food and perinatal support for pregnant and postpartum individuals experiencing food insecurity.

2. Funding Agency: St. David's Foundation

PI: Byrd-Williams

10/01/2025 – 09/30/2027

Role: Multi-PI

\$250,000

Title: *Integrating Mental Health Supports into a Nutritious Food Delivery Program: A Community-Based Model for Historically Marginalized Central Texans*

Description: An evaluation of a community-based initiative that integrates mental health supports into an existing nutritious food delivery program to address social isolation and emotional well-being among historically marginalized, homebound individuals in Central Texas.

3. Funding Agency: Cancer Prevention and Research Institute of Texas

PI: Byrd-Williams

12/01/2025 – 11/30/2028

Role: Multi-PI

\$995,000

Title: *Cancer Prevention Delivered: Expanding Healthy Food Access to Underserved Central Texans through a Multilevel Food is Medicine Program with Home Delivery*

Description: An implementation and evaluation of a multilevel Food is Medicine program that expands access to healthy food through home delivery for underserved Central Texans, with the goal of reducing cancer risk

***PREVIOUSLY FUNDED***

1. Funding Agency: Texas Department of State Health Services

PI: **Byrd-Williams**

05/01/2015 - 08/31/2022

Role: PI

\$1,308,750

Title: *The Texas Mother-Friendly Worksite Program*

Description: The purpose of the project is to implement and evaluate the Texas Mother-Friendly Worksite Program, which acknowledges and designates Texas employers with worksite lactation policies to support employees who choose to breastfeed their infants



2. Funding Agency: Texas Department of State Health Services (DSHS)/Centers for Disease Control & Prevention/DHHS (CDC)  
PI: **Byrd-Williams** 2/10/2022 – 12/31/2022  
Role: PI \$12,180  
Title: *UTSPH Active TX Plan*  
Description: An evaluation of the outdoor learning environment initiative, OLE! Texas. OLE! Texas is a statewide initiative of early childhood educators and leaders to facilitate the improvement of outdoor learning spaces in the child care setting.
3. Funding Agency: Michael & Susan Dell Foundation  
PI: Hoelscher 08/01/2014 - 07/31/2022  
Role: Co-Investigator \$4,518,512  
Title: *Working Toward Healthy Children in a Healthy World*  
Description: The Michael and Susan Dell Center for Healthy Living increases the capacity for research and community outreach; enhances effective translation and communication of research results into action; and increasingly focuses on systems-level changes.
4. Funding Agency: Maternal and Child Health Bureau (MCHB)/HRSA  
PI: **Byrd-Williams** 06/01/2014 – 10/31/2020  
Role: PI \$905,581  
Title: *Maternal and Child Health (MCH) Public Health Training Program*  
Description: The purpose of the project is to support and educate MCH graduate students as well as develop distance learning training modules MCH professionals in rural areas of five southeastern states and Michigan.
5. Funding Agency: Seton Healthcare Systems  
PI and Date: **Byrd-Williams** 04/01/2015 - 08/31/2019  
Role and Amount: PI \$140,000  
Title: *Evaluation of Dell Children's Medical Center Texas Center for Prevention and Treatment of Childhood Obesity*  
Description: The purpose of the project is to evaluate childhood obesity programs being implemented at the Texas Center for Prevention and Treatment of Childhood Obesity.
6. Funding Agency: NIH, National Institute for Dental and Craniofacial Research (NIDCR)  
PI: Sharma 07/01/2017 - 06/30/2018  
Role: Co-Investigator \$269,500  
Title: CATCH Healthy Smiles: Planning and feasibility of an elementary school-based child oral health RCT  
Description: The aim of this one year planning grant is to develop and assess the feasibility of the protocols to be used in a group-RCT to test the efficacy of a school-based oral health curriculum, CATCH Healthy Smiles.
7. Funding Agency: Texas Health and Human Services Commission (1115 Medicaid Waiver)  
PIs: Sharma 04/01/2014 - 09/30/2018  
Role: Co-Investigator \$1,650,000  
Title: *UT Healthy Eating and Active Living for Pregnant Women, Mothers, and Babies*  
Description: The project purpose is to implement and evaluate evidence-based programs to promote healthy diets and physical activity in pregnant women, mothers of infants, and infants (0-2y)

8. Funding Agency: NIH, National Institute of Child Health & Human Development (NICHD)  
PI: Sharma 05/01/2015 - 09/31/2018  
Role: Co-Investigator \$275,000  
Title: PALS/CATCH  
Description: The purpose of the study is to develop, implement, and evaluate a home-visiting program to improve nutrition and physical activities of 2-4 year olds by encouraging parents to engage in responsive parenting.
  
9. Funding Agency: Michael and Susan Dell Foundation  
PI: **Byrd-Williams** 06/01/2013 - 12/31/2016  
Role: PI \$310,000  
Title: *Go Austin! Vamos Austin! (GAVA)*  
Description: The purpose of the project is to employ community-based strategies to reduce the prevalence of childhood obesity in an underserved neighborhood in Austin, TX.
  
10. Funding Agency: Centers for Disease Control and Prevention (U18 DP003367 04)  
PI: Hoelscher 09/30/2012 - 09/29/2016  
Role: Co-Investigator \$3,509,956  
Title: *Systems approach to obesity prevention in underserved child (TEXAS CORD)*  
Description: This project will examine obesity effects for 2-12 year old children of a community-based secondary prevention program embedded within a primary prevention program implemented through schools, clinics, and the community.
  
11. Funding Agency: NIH, National Cancer Institute (1 R01 CA149643-01)  
PI: Hoelscher 06/01/2010 - 01/31/2015  
Role: Co-Investigator \$2,004,950  
Title: *Lunch is in the Bag: Packing more fruit, vegetables, & whole grains in preschool sack lunches*  
Description: The purpose of the study is to measure the effects of a parent education program on the amount of fruit, vegetables, and whole grains packed in sack lunches at 30 preschool centers in Houston, Austin, and San Antonio, TX.
  
12. Funding Agency: NIH, National Cancer Institute (1 R01 CA149643-01 supplement)  
PI: Hoelscher 09/01/2012 - 01/31/2014  
Role: Co-Investigator \$75,000  
Title: *Lunch is in the Bag (Supplement): Packing more fruit, vegetables, and whole grains in preschool sack lunches*  
Description: The purpose of this supplemental award is to examine the effects of adding teacher training to a parent education program that aims to increase the amount of fruit, vegetables, and whole grains packed in preschoolers' sack lunches.
  
13. Funding Agency: Michael and Susan Dell Center for Healthy Living  
PI: **Byrd-Williams** 10/01/2010 - 12/01/2012  
Role: PI \$5,000  
Title: *Survey of food service practices in child care centers in major Texas cities*  
Description: The purpose of the project is to conduct a phone survey of child care centers in two major Texas cities to assess the food service practices and policies, as well as the demographic composition of children attending the child care centers.

## **INVITED TALKS/GUEST LECTURES**

---

1. **Byrd-Williams C.** “Healthy Habits Start Early: Shaping health behaviors in the early care and education setting.” Invited lecture at Seminar for The University of Texas, College of Natural Sciences, School of Ecology, Department of Nutritional Sciences, October 11, 2024.
2. **Byrd-Williams CE.** “Encouraging employers to support their breastfeeding employees: the Texas Mother-Friendly Worksite Program”. Guest lecture at UT Austin, Department of Nutritional Sciences, NTR 315, September 2020.
3. **Byrd-Williams CE.** “Supporting breastfeeding employees: Texas Mother-Friendly Worksites”. Guest lecture at UT Austin, Department of Nutritional Sciences, NTR 315, February 2019.
4. **Byrd-Williams CE.** “Childhood obesity.” Guest lecture at UT Austin, School of Architecture, February 2016.
5. **Byrd-Williams CE, Hoelscher DM.** “Lunch is in the Bag: Administrative Supplement Update.” Given at the NIH Meeting of Investigators for the Science of Behavior Change (SOBC) Common Fund Program, June 2014.
6. **Byrd-Williams CE.** “Community evaluation.” Guest lecture for Health Promotion 1112. June 2014.
7. **Byrd-Williams CE, Hoelscher DM.** “Lunch is in the Bag: Administrative Supplement.” Given at the NIH Meeting of Investigators for the Science of Behavior Change (SOBC) Common Fund Program, July 2013.
8. **Byrd-Williams CE.** “Nutrition policies in Texas child care centers”. Given at University of Texas School of Public Health, Scientific Seminar Series, February 2012.
9. **Byrd-Williams CE.** “Physical activity and adiposity in overweight Hispanic and African American adolescents.” Given at the University of Southern California Childhood Obesity Research Center, June 2009.
10. **Byrd-Williams CE.** “Accelerometry-measured physical activity and body composition in overweight youth.” Given at Oregon Research Institute, January 2009.
11. **Byrd-Williams CE.** “Physical activity and obesity in youth: Gender and ethnic differences.” Given at the University of Texas Health Science Center Houston, September 2008.

## **ORAL PRESENTATIONS (SELECTED)**

---

*\*indicates postdoctoral, graduate, or undergraduate mentee*

1. Willa A\*, **Byrd-Williams C.** *Understanding food provision practices in Texas child care centers: A statewide survey to inform nutrition interventions.* Accepted for an oral presentation at American Public Health Association (APHA) annual meeting, November 2-5, 2025, Washington, D.C.
2. **Byrd-Williams C,** Willa A\*, Berns K\*, Kassymova A, Peinado A. *Food provision in child care centers: A cross-sectional survey of providers in Texas.* Oral presentation at American Public Health Association (APHA) annual meeting, October 27-30, 2024, Minneapolis, MN.
3. Willa A\*, Berns K\*, Kassymova A, Peinado A\*, **Byrd-Williams CE.** *Infant and toddler physical activity in Texas early childhood education (ECE) centers: A cross-sectional study.* Oral presentation to be made at American Public Health Association (APHA) annual meeting, October 27-30, 2024, Minneapolis, MN.

4. Berns K\*, Willa A\*, Kassymova A, Peinado A\*, **Byrd-Williams CE**. *Preschooler physical activity and the quality rating and improvement system in Texas childcare centers: A cross-sectional survey of practices, policies, and professional development*. Oral presentation to be made at American Public Health Association (APHA) annual meeting, October 27-30, 2024, Minneapolis, MN.
5. **Byrd-Williams C**, Poulos N, Mandell D. *Family and Child Needs to Rebuild Resilience after COVID-19*. Oral presentation made at the Society of Prevention Research (SPR) annual conference, May 29-31, 2024, Washington, DC.
6. Mandell D, Poulos N, **Byrd-Williams C**. *Planning for Recovery: Perspectives from Child Care Center Directors on Behavioral Changes and Needs That Resulted from the COVID-19 Pandemic*. Oral presentation made at the Society of Prevention Research (SPR) annual conference, May 29-31, 2024, Washington, DC.
7. Poulos N, **Byrd-Williams C**, Mandell D. *Early Childhood Workforce Retention: More Than Pay*. Oral presentation made at the Society of Prevention Research (SPR) annual conference, May 29-31, 2024, Washington, DC.
8. Quintana A, Titiloye E, Nasir A, Luong A, Malle J, Chuang R, Kelder S, **Byrd-Williams C**, Yamal JM, Garner S, Johnson K, Sharma S. *Theory-driven approach to develop engaging and culturally relevant outreach materials: The CATCH healthy smiles parent education videos*. Oral presentation made at the American Public Health Association (APHA) annual meeting, November 12-15, 2023, Atlanta, Georgia.
9. Mofleh D, Almohamad M, Wang M, Ramphul R, Chen J, Deason J, Singh B, Johnson K, Garner S, Chuang R, Yamal j, **Byrd-Williams C**, Kelder S, Sharma S. *Association between census-tract level air pollutants and oral health among elementary children in Houston Texas*. Oral presentation made at the American Public Health Association (APHA) annual meeting, November 12-15, 2023, Atlanta, Georgia.
10. Chuang R, Titiloye T, Crichow K, Mofleh D, Johnson K, Garner S, Yamal M, **Byrd-Williams C**, Kelder S, Sharma S. *Is weekly toothbrushing feasible in elementary schools? - a framework-driven approach from CATCH healthy smiles program*. Oral presentation at the American Public Health Association (APHA) annual meeting, November 12-15, 2023, Atlanta, Georgia.
11. Menking P, **Byrd-Williams C**, St John J, Simpson J, Reinschmidt K, Rosenthal L, Redondo F, and Sieswerda S. *COVID-19's impact on the CHW workforce: A multi-state comparison*. Oral presentation at the American Public Health Association (APHA) annual meeting, October 23-27, 2021; Denver, Colorado
12. **Byrd-Williams C**, Ewing M, Rosenthal L, St John J, Menking P, Rednondo F, Solgi S, Siesweda S, Herrington E. *Impact of COVID-19 pandemic response on CHWs in Texas*. Virtually presented at the American Public Health Association (APHA) annual meeting; 2020 October 24-28; Virtual.
13. **Byrd-Williams C**, Matthews K, Herrington E, Stagg J. *Awareness of laws to protect breastfeeding women: Results from the 2016 Texas behavioral risk factor surveillance survey (BRFSS)*. Virtually presented at the American Public Health Association (APHA) annual meeting; 2020 October 24-28; Virtual.
14. Chuang R, Sharma S, Hoelscher D, Narendran B, Danho M, **Byrd-Williams C**. *Sociodemographic and behavioral differences in food security among low-income, urban pregnant women*. Oral

presentation accepted at the American Public Health Association (APHA) annual meeting; 2019 November 2-6; Philadelphia, PA.

15. Matthews K\*, Perez C\*, Carver A, **Byrd-Williams CE**. *Breastfeeding Support for Public School Teachers in Texas: Do perceptions vary based on experience with breastfeeding?* Oral presentation accepted at the American Public Health Association (APHA) annual meeting; 2018 November 11 – 14; San Diego, CA.
16. Perez C\*, Matthews K\*, Carver A, **Byrd-Williams CE**. *What You Can Do to Support Breastfeeding in Your Community: Creating an Action Plan*. Oral presented at the National Child Nutrition Conference; 2018 April 19 – 21; San Antonio, TX.
17. Matthews K\*, **Byrd-Williams C**, Foster H\*, Driver D\*, Carver A. *Lactation in the workplace: A systematic review of employee accommodations to improve breastfeeding outcomes of working women*. Oral presentation at American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.
18. Perez C\*, **Byrd-Williams C**, Matthews K\*, Carver A. *A Spatial Analysis of Access to Breastfeeding Support Resources at the County-Level in Texas: Are rural or border counties less likely to have resources?* Short oral presentation at American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.
19. Chen N\*, Ranjit N, **Byrd-Williams CE**, Roberts-Gray C, Briley M, Romo MJ, Sharma S, Vernon S, Hoelscher DM. *Association between home food availability and food in sack lunches for Texas preschool children varies between healthy and unhealthy foods*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
20. Briley M, Sweitzer S, Ranjit N, **Byrd-Williams CE**, Hoelscher DM, Magness A. *Pilot study of Lunch is in the Bag: Effects on meal pattern in preschoolers' parent-packed sack lunches*. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
21. Davis JN, Gyllenhammer L, **Byrd-Williams CE**, Goran M. *Moderate to vigorous physical activity (MVPA) reduces liver, subcutaneous, and visceral fat depots in overweight Latino adolescents*. The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
22. Kelder S, Springer A, **Byrd-Williams CE**, Ballard B, Menendez T, Hoelscher DM. *Increasing physical activity at school: A pilot test of the CATCH Middle School "Get Ur 60" Open Gym Program*. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2011 June 15-18; Melbourne, Australia.
23. **Byrd-Williams CE**, Hoelscher DM, Springer A, Ranjit N, Evans A, Kelder S. *Dietary and eating behaviors associated with sugar-sweetened beverage consumption among 8<sup>th</sup> grade students*. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2010 June 9-12; Minneapolis, MN.
24. Fisher JQ, Weigensberg MJ, **Byrd-Williams CE**, Ventura EE, Punyanitya M, Goran MI. *Accumulation of pancreatic fat is negatively associated with beta-cell function in overweight Hispanic girls*. The Obesity Society annual meeting; 2009 October 24-28; Washington, D.C.

25. **Byrd-Williams CE**, Shaibi GQ, Ventura EE, Lane CJ, Davis JN, Kelly LA, Goran MI. *Gender differences in adiposity and cardiorespiratory fitness in Latino youth: A longitudinal analysis*. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.

#### **POSTER PRESENTATIONS (SELECTED)**

---

\*indicates postdoctoral, graduate, or undergraduate mentee

1. **Byrd-Williams C**, Willa A\*. *Preschoolers' outdoor play in extreme heat: A statewide survey in Texas exploring child care provider beliefs and intentions*. Accepted for a poster presentation at American Public Health Association (APHA) annual meeting, November 2-5, 2025, Washington, D.C.
2. **Byrd-Williams C**, Willa A\*, Kassymova A, Berns K\*, Peinado A\*. *Infant and Toddler Physical Activity in Texas Early Childhood Education (ECE) Centers*. Abstract submitted to American Public Health Association (APHA) annual meeting, 2024.
3. **Byrd-Williams C**, Hebert E, Kelder S, Olson G, Quintana A\*, Sharma S. *Only 20% of adolescents meet ADA oral hygiene recommendations for both brushing and flossing: A cross-sectional, national survey in the US*. Poster presentation to be made at the American Public Health Association (APHA) annual meeting, November 12-15, 2023, Atlanta, Georgia.
4. Titiloye T\*, Chuang R, Mofleh D, Crichlow K, Singh B, Mejia K, Meza CL, Ernest D, Wang M, Deason J, Chen J, Garner S, Johnson K, Yamal J, **Byrd-Williams C**, Kelder S, Sharma S. *Using an equity approach to recruit from a diverse, low-income population for a longitudinal school-based oral health study*. Poster presentation to be made at the American Public Health Association (APHA) annual meeting, November 12-15, 2023, Atlanta, Georgia.
5. **Byrd-Williams CE**, Herrington E, Matthews K, Perez C, Desai N. *Work-place culture and support for breastfeeding: Do teachers think they should support their breastfeeding coworkers?* Poster presented at the annual meeting of the American Public Health Association, October 24-28, Virtual presentation.
6. Dooley EE\*, Thi CA, Hoelscher DM, **Byrd-Williams CE**. *Practices and Policy Implementation in Texas Child Care Centers: Results of the Statewide Texas Early Childhood Physical Activity Survey*. Poster presented at the annual meeting of the American Public Health Association, November 10-14, San Diego, CA.
7. **Byrd-Williams CE**, Perez C\*, Matthews K\*, Carver A. *Perceptions of Worksite Lactation Support for Public School Teachers in Texas: A Mixed Methods Analysis*. Poster presentation accepted at the American Public Health Association (APHA) annual meeting; 2018 November 11 – 14; San Diego, CA.
8. Stoltenburg R\*, Perez C\*, Carver A, Stagg J, **Byrd-Williams CE**. *Qualitative Findings from Employers and mothers Participating in Infant-at-Work Programs*. Abstract presented at the Texas Public Health Association Annual Conference (TPHA); 2018 March 5-7; Waco, TX.
9. Perez C\*, Foster H\*, Herron K\*, Matthews K\*, Carver A, Grayless M, Stagg J, **Byrd-Williams CE**. *How can companies support breastfeeding? Case studies of mother-friendly worksite initiatives at two multi-national employers*. Poster presented at the American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.

10. Perez C\*, Carver A, Matthews K\*, Reat A\*, Herron K\*, **Byrd-Williams C.** *Factors and Norms that Impact State Breastfeeding Rates in the US as Perceived by Key Informants: A qualitative analysis.* Poster presented at the Interdisciplinary Association for Population Health Science Annual Conference; 2017 October 2-4; Austin, TX.
11. Herron K\*, Matthews K\*, Carver A, Reat A\*, **Byrd-Williams C.** *State-wide initiatives that recognize worksite lactation support programs: A qualitative analysis on perceived benefits and barriers to including a written policy as a requirement for workplace lactation support recognition.* Poster presented at Texas Public Health Association 93rd Annual Education Conference in Fort Worth; 2017 March 27-29; Fort Worth, TX.
12. Matthews K\*, Reat A\*, Carver A, **Byrd-Williams C.** *Application of the Program Sustainability Assessment Tool to Evaluate the Sustainability of State-Wide Worksite Lactation Support Programs.* Abstract presented at the 9th Annual Conference on the Science of Dissemination and Implementation in Health; 2016 December 14-15, Washington D.C.
13. **Byrd-Williams C,** Romo-Palafox M, Briley M, Roberts-Gray C, Sweitzer S, Hoelscher D. *Policies for Birthday Celebration Parties at Early Child Care and Education (ECE) Centers.* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
14. **Byrd-Williams C,** Chuang R, Nader P, Bounds G , Spencer A, Hoelscher D, Sharma SV. *A Pilot Study of a Multi-Component, Community-Based Program among Medicaid-eligible Pregnant Women in Houston, Texas.* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
15. Massie A\*, Hoelscher D, Ranjit N, **Byrd-Williams C,** Sharma S, Butte N. *Are evening meal practices associated with dietary intake among children in low-income families?* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
16. Reat A\*, Matthews K\*, Carver A, Stagg J, **Byrd-Williams C.** *Comparison of worksite lactation support initiatives in the US by state.* Abstract presented at American Public Health Association (APHA); 2016 October 29-Nov 2, Denver, CO.
17. Chuang R, Sharma S, **Byrd-Williams C,** Vandewater E, Kelder S, Butte N, Hoelscher D. *Does implementation of the CATCH Early Childhood program help increasing communications between teacher, parent and child around healthy eating and physical activity? The TX CORD Study.* Abstract presented at American Public Health Association (APHA); 2016 October 29-Nov 2, Denver, CO.
18. Mahajan S\*, Joyce C\*, Hoelscher D, Roberts-Gray C, Briley M, **Byrd-Williams C.** *Cancer prevention started early: Evaluating the lunch policies of child care centers in Texas.* Abstract presented at Cancer in Prevention and Research Institute of Texas Conference; 2015 November 9-10, Austin, TX.
19. **Byrd-Williams C,** Sharma S, Vandewater E, Kelder S, Chuang L, Butte N, Hoelscher D. *Head Start teacher's perceptions to barrier to obesity prevention programs.* The Obesity Society annual meeting; 2015 November 2-7, Los Angeles, CA.
20. Briley ME, Romo-Palafox MJ, Sweitzer SJ, Ranjit N, **Byrd-Williams CE,** Roberts Gray C, Hoelscher DM. *Analysis of Preschooler's Sack Lunches: If parents pack more does the child eat more?* Food and Nutrition Conference and Expo; 2015 October 3-6; Nashville, TN.

21. Romo-Palafox MJ, Sweitzer SJ, Ranjit N, Roberts-Grey C, Hoelscher DM, **Byrd-Williams CE**, Briley ME. *Preschoolers' sack lunches containing milk and 100% fruit juice have higher dietary quality than other beverage choices*. Food and Nutrition Conference and Expo; 2015 October 3-6; Nashville, TN.
22. Romo-Palafox MJ, Hoelscher DH, Ranjit N, Sweitzer SJ, Roberts-Gray C, **Byrd-Williams C**, Briley ME. *Dietary Quality of Preschooler's Lunches as Measured by the Healthy Eating Index*. International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
23. Sweitzer SJ, Romo-Palafox MJ, Hoelcher DM, Ranjit R, Roberts Gray C, **Byrd-Williams CE**, Briley ME. *How do Healthy Eating Index Scores Translate to What Parents Pack for Their Preschooler's Lunches*. International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
24. Briley ME, Romo-Palafox MJ, Sweitzer SJ, Ranjit N, **Byrd-Williams CE**, Roberts Gray C, Hoelscher DM. *Nutrient Quality of Preschooler's Lunches as Measured by Dietary Reference Intakes and Acceptable Macronutrient Distribution Range*. International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
25. **Byrd-Williams C**, Sweitzer S, Ranjit N, Sharma S, Roberts-Gray C, Briley M, Hoelscher DM. *A pilot-study to test effects of teacher nutrition training on preschoolers' lunches sent from home in early care and education (ECE) centers*. The Obesity Society annual meeting; 2014 November 2-7; Boston, MA.
26. Hoelscher DM, Butte N, Barlow S, Vandewater E, Sharma S, Kelder SH, Pont S, **Byrd-Williams CE**, Huang T, Finkelstein E. *Childhood obesity and related behaviors among underserved, minority communities in Texas remain high*. The Obesity Society annual meeting; 2014 November 2-7; Boston, MA.
27. Potratz CR, Roberts-Gray C, **Byrd-Williams CE**, Briley M, Sweitzer SJ, Hoelscher DM. *Directors' perspectives on early care and education (ECE) centers' interactions with parents about food brought from home*. The Society for Nutrition Education and Behavior annual meeting; 2014 June 27-July 1; Milwaukee, WI.
28. Sweitzer S, Ranjit N, Briley M, Palafox MJR, Roberts-Gray C, **Byrd-Williams CE**, Hoelscher DM. *Efficacy trial of Lunch is in the Bag to positively change preschool parents' lunch packing behaviors*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
29. Sharma S, Rashid T, Chuang R, Sweitzer S, **Byrd-Williams CE**, Ranjit N, Roberts-Gray C, Hoelscher DM. *Effect of 'Lunch is in the Bag' program on communication between parents, children and the children's early care and education centers (ECEC) around fruits, vegetables and whole grains*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
30. **Byrd-Williams CE**, Valmond J, Chen N, Sweitzer S, Sharma S, Hoelscher DM. *What guidance do childcare centers give parents about packing lunch for their preschoolers? A content analysis of documentation given to parents*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.



31. Oluyomi O, Byars A, Durand C, **Byrd-Williams CE**, Sharma S, Hoelscher DM, Butte N, Kelder S. *A geographical information science (GIS) approach to conducting area-level comparative analysis of study areas in a community-wide obesity prevention intervention study – The case of Texas CORD*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
32. Sweitzer S, Sharma S, **Byrd-Williams CE**, Romo MJ, Bergez E, Briley M. *How day care home owners view their role in preventing childhood obesity*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
33. **Byrd-Williams CE**, Sweitzer S, Roberts-Gray C, Galea A, Briley M, Hoelscher DM. *Who is responsible for providing food for preschoolers in child care centers? A survey of food provision practices in two major cities in Texas*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
34. Robert-Gray C, Briley M, Hoelscher DM, Sweitzer S, **Byrd-Williams CE**. *Structured critique for the formative testing phase of a multi-level behavioral intervention*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
35. Springer A, Stovall M, **Byrd-Williams CE**, Tanguturi Y, Case K, Belansky E. *The Colorado Active Learning Project (CALP): Organizational and environmental strategies for promoting physical activity in low-income elementary school children*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
36. Valmond J, **Byrd-Williams CE**, Chen N, Sweitzer S, Briley M, Robert-Gray C. *Assessing the nutrition environment of childcare centers in Texas, USA using the Environmental and Policy Assessment and Observation (EPAO) adapted for centers with parent-provided food*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
37. **Byrd-Williams CE**, Hoelscher DM, Butte N, Barlow S, Wilson T, Sacher P, Radley D. *Behavioral outcomes following a pilot study to test the USA version of the Mind, Exercise, Nutrition, Do it! (MEND) program to low-income 7-14 year old obese children*. The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
38. **Byrd-Williams CE**, Sharma S, Evans A, Chuang RJ, Hedberg AM. *Differences in obesity-related behaviors and the home food environment in African American and Hispanic preschoolers in Texas Head Start centers*. The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
39. Alderete TL, **Byrd-Williams CE**, Toledo-Corral CM, Conti DV, Weigensberg MJ, Goran MI. *Subcutaneous Abdominal Adipose Tissue (SAAT) and Hepatic Fat Fraction (HFF) explain higher Insulin-like Growth Factor (IGF)-I and IGF binding protein-I levels in obese African Americans (AA) compared to obese Latino teenagers*. The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
40. **Byrd-Williams CE**, Hoelscher DM, Springer A, Ranjit N, Evans A, Kelder S. *Physical activity and sedentary behaviors associated with Sugar-Sweetened Beverage (SSB) consumption among 8<sup>th</sup> grade middle school students*. The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.

41. Davis JN, Ventura EE, Tung A, Munevar M, Hasson RE, **Byrd-Williams CE**, Spruijt-Metz D, Weigensberg MJ, Goran MI. *The effects of an 8-month maintenance nutrition and strength training intervention on type 2 diabetes risk factors in overweight Latino and African American adolescents.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
42. Hasson RE, Adam TC, Davis JN, Kelly LA, Ventura EE, **Byrd-Williams CE**, Roberts C, Lane CJ, Azen S, Chou C, Weigensberg MJ, Spruijt-Metz D, Berhane K, Goran MI. *Incremental effects of a nutrition and strength training intervention on insulin sensitivity and adiposity in obese African American and Latino adolescents.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
43. Ranjit N, Evans A, **Byrd-Williams CE**, Hoelscher DM. *Is consumption of sugar-sweetened beverages associated with dietary practices and physical activity among adolescents?* The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2010 June 9-12; Minneapolis, MN.
44. Alderete TL, Toledo-Corral CM, Ventura EE, **Byrd-Williams CE**, Davis JN, Lane CJ, Weigensberg MJ, Goran M. *Higher risk factors for type 2 diabetes in severely obese Hispanic youth independent of body composition and fat distribution.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
45. **Byrd-Williams CE**, Davis JN, Spruijt-Metz D, Belcher BR, Hasson RE, Ventura EE, Toledo-Corral CM, Fisher JQ, Goran MI. *Higher physical activity is associated with a lower accumulation of hepatic fat in overweight African American adolescents, but not their Latino counterparts.* The Obesity Society annual meeting; 2009 October 24-28; Washington, D.C.
46. Davis JN, Mejia M, **Byrd-Williams CE**, Weigensberg MJ, Goran M. *Effects of habitual physical activity and strength-training on sex hormones in overweight Latina adolescents.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
47. Fisher JQ, Cherry RN, Weigensberg MJ, Ventura EE, **Byrd-Williams CE**, Toledo-Corral CM, Punyanitya M, Goran, M. *Hepatic, visceral, and subcutaneous fat accumulation in overweight Hispanic and African-American adolescents.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
48. Toledo-Corral CM, Weigensberg MJ, Hodis H, Ayala C, **Byrd-Williams CE**, Ventura EE, Li Y, Goran M. *Progression of cardiovascular disease risk factors and its effects on carotid intima media thickness in overweight Latino children.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
49. Ventura EE, Davis JN, **Byrd-Williams CE**, Toledo-Corral CM, Spruijt-Metz D, Weigensberg MJ, Azen S, Goran M. *The effects of a randomized, controlled, modified-carbohydrate nutrition intervention on the metabolic syndrome in overweight Latino adolescents.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
50. **Byrd-Williams CE**, Belcher BR, Ventura EE, Davis JN, Spruijt-Metz D, Toledo-Coral CM, Lane CJ, Goran MI. *Effect of nutrition and strength training intervention on habitual physical activity in overweight Latino adolescents.* The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.

51. Davis J, Tung A, Spruijt-Metz D, Chak SS, Ventura E, **Byrd-Williams CE**, Alexander K, Lane CJ, Weigensberg MJ, Goran M. *Randomized control trial of circuit training to improve risk factors for type 2 diabetes in overweight Latino girls*. The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.
52. Ventura E, Davis J, **Byrd-Williams CE**, Alexander K, McClain A, Lane CJ, Spruijt-Metz D, Weigensberg MJ, Goran M. *Improvements in insulin secretion and visceral fat in response to low-sugar, high-fiber dietary intervention in overweight Latino adolescents*. The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.
53. **Byrd-Williams CE**, Kelly LA, Strothers M, Huang TK. *Association of dietary fiber and added sugar with adiposity and fasting insulin in college students*. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.
54. Davis J, Ventura E, Alexander K, Kelly L, Toledo-Corral C, **Byrd-Williams CE**, Roberts CK, Weigensberg MJ, Spruijt-Metz D, Goran M. *The relation of sugar intake versus glycemic index on adiposity and insulin dynamics in Latino youth*. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.
55. **Byrd-Williams CE**, Spruijt-Metz D, Goran MI. *Ethnic and gender disparities in the relationship between overweight and physical activity in children*. North American Association for the Study of Obesity annual meeting; 2006 October 15-19; Vancouver, Canada.

## **HONORS AND AWARDS**

---

- Research Mentor-Mentee Award, Dr. Hoelscher, UTHealth School of Public Health, 2020
- Excellence in Service Award, UTHealth School of Public Health, 2019
- NIH, Loan Repayment Program Renewal Award (LRP), 2012
- NIH, Loan Repayment Program Award (LRP), 2010
- Postdoctoral fellowship, University of Texas School of Public Health, Cancer Education and Career Development Program, 2009 – present
- Knowledge & Education Expansion Project Award, NCI, 2008
- Predoctoral fellowship, University of Southern California, Cancer Control and Epidemiology Research Institutional Training Grant, 2007– 2009
- Travel Award, NCI Transdisciplinary Research on Energetics Cancer, 2007
- Phi Kappa Phi Honor Society

## **TEACHING EXPERIENCE**

---

- Maternal and Child Health Core Seminar I, Preconception to birth (PH5301)  
Instructor, University of Texas School of Public Health,  
Fall 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025
- Maternal and Child Health Core Seminar II, Infancy to Adolescence (PH5311)  
Instructor, University of Texas School of Public Health,  
Spring 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025
- Health Promotion and Behavioral Sciences in Public Health (PH 1110)  
Instructor, University of Texas School of Public Health,  
Summer 2021
- Maternal and Child Health Fellowship Seminar I (PH5302)  
Instructor, University of Texas School of Public Health,  
Fall 2016, 2017, 2018, 2019

- Maternal and Child Health Fellowship Seminar II (PH5312)  
Instructor, University of Texas School of Public Health,  
Spring 2016, 2017, 2018, 2019, 2020
- Health Promotion Theory and Methods I (PH1111)  
Instructor, University of Texas School of Public Health, Spring 2016
- Research Seminar in Health Promotion & Behavioral Science (PH1433/1434)  
Instructor, University of Texas School of Public Health, Spring 2016
- Health Behavior Research Methods  
Teaching Assistant, University of Southern California, Spring 2009
- Maternal & Child Health  
Teaching Assistant, University of Southern California, Spring 2008
- Statistical Methods in Health Behavior Research  
Teaching Assistant, University of Southern California, Spring 2006

### **ADVISEES**

*\*Dissertation advisor; \*\*Primary academic advisor*

### **DOCTORAL STUDENTS AND DOCTORAL THESIS COMMITTEES**

Magdalene Hartman**	2025-	PhD, Health Promotion & Behavioral Science (HPBS). Sciences, UTHealth Houston School of Public Health (SPH)
Amy Willa **	2023-	PhD, HPBS, UTHealth Houston SPH
Isabel Thomas**	2021-	PhD, HPBS, UTHealth Houston SPH
Valerie Simpson**	2021-	PhD, HPBS, UTHealth Houston SPH
Katherine Ludorf	2022-2025	PhD, Epidemiology, UTHealth Houston SPH
Rakima Parson**	2020-2025	PhD, HPBS, UTHealth Houston SPH
Sepideh Saroukhani	2021-2023	PhD, Epidemiology, UTHealth Houston SPH
Michelle Klawans	2022-2024	PhD, Epidemiology, UTHealth Houston SPH
Olivia Kapera	2022-2024	PhD, Epidemiology, UTHealth Houston SPH
June Chou*	2018-2022	DrPH, HPBS, UTHEALTH HOUSTON SPH
Hiba Zwiya	2017-2022	PhD, Epidemiology, UTHealth Houston SPH
Krystin Matthews	2016-2020	PhD, Epidemiology, UTHealth Houston SPH
Erin Dooley**	2016-2019	PhD, HPBS, UTHealth Houston SPH
Amanda Reat	2015-2018	PhD, HPBS, UTHealth Houston SPH
Michelle Hashimi	2014-2016	DrPH, HPBS, UTHealth Houston SPH
Alison Winters	2014-2016	DrPH, HPBS, UTHealth Houston SPH

### **MASTERS' STUDENTS**

Niharika Sawant*	2023-	MPH, Health Promotion, UT SPH, Austin
Theresa McKay*	2023-	MPH, Health Promotion, UT SPH, Austin
Sabrina Rosario*	2022-	MPH, Health Promotion, UT SPH, Austin
Heather Jones*	2022-2025	MPH, Health Promotion, UT SPH, Austin
Norma Balli-Borrero*	2021-2023	MPH, Customized, UT SPH, Austin
Tara Burt*	2021-2024	MPH, Customized, UT SPH, Houston
Hanan Alwan*	2021-2023	MPH, Health Promotion, UT SPH, Austin
Catherine Cruz*	2022-2024	MPH, Customized, UT SPH, Austin
Lydia Desta*	2022-2024	MPH, Customized, UT SPH, Austin
McKayla Morris*	2022-2024	MPH, Customized, UT SPH, Austin
Harismitha Ayyappan*	2021-2023	MPH, Health Promotion, UT SPH, Austin
Catherine Cruz*	2021-2023	MPH, Health Promotion, UT SPH, Austin
Dmitri Florez*	2021-2023	MPH, Health Promotion, UT SPH, Austin

Grace Kim*	2021-2023	MPH, Health Promotion, UT SPH, Austin
Isabel Schwartz	2020-2022	MPH, Health Promotion, UT SPH, Austin
Theresa McKay*	2020-2022	MPH, Health Promotion, UT SPH, Austin
Alethea Gauthier*	2020-2022	MPH, Health Promotion, UT SPH, Austin
Ashleigh Chiaf*	2020-2022	MPH, Health Promotion, UT SPH, Austin
Sarah Kauffman*	2020-2022	MPH, Health Promotion, UT SPH, Austin
Holly Raiborn*	2019-2021	MPH, Health Promotion, UT SPH, Austin
Yutika Diwadkar*	2018-2020	MPH, Health Promotion, UT SPH, Austin
Tracy Howard*	2018-2020	MPH, Health Promotion, UT SPH, Austin
Audrey Allen*	2017-2020	MPH, Health Promotion, UT SPH, Austin
Caroline Smith*	2017-2020	MPH, Health Promotion, UT SPH, Austin
Mary (Mollie) Ewing*	2017-2019	MPH, Health Promotion, UT SPH, Austin
Czesia Eid*	2016-2019	MPH, Health Promotion, UT SPH, Austin
Magdalene Hartman*	2016-2019	MPH, Health Promotion, UT SPH, Austin
Hitakshi Modi*	2016-2018	MPH, Customized, UT SPH, Austin
Riley Stoltenburg**	2016-2018	MPH, Health Promotion, UT SPH, Austin
Sania Durrani	2016-2017	MPH, Epidemiology, UT SPH, Houston
Cassie Davis	2015-2018	MPH/MPAff, Customized, UT SPH, Austin
Elizabeth McDonald*	2015-2017	MPH, Health Promotion, UT SPH, Austin
Lindsay McClune	2015-2017	MPH, Customized, UT SPH, Austin
Ashley Dunn*	2015-2017	MPH, Health Promotion, UT SPH, Austin
Cassie Davis*	2015-2017	MPH, Customized, UT SPH, Austin
Michelle Delphia*	2015-2017	MPH, Customized, UT SPH, Austin
Carmen Bofill*	2015-2016	MPH, Customized, UT SPH, Austin
Shadia Lahou*	2015-2016	MPH/MSSW, Customized, UT SPH, Austin
Aubri Kottek	2015-2016	MPH, Health Promotion, UT SPH, Austin
Lani Alcazar	2013-2014	MPH, Epidemiology, UT SPH, Houston

### **UNDERGRADUATE STUDENTS**

Claire Ren	Summer 2025 Cancer Prevention Research Institute of Texas (CPRIT) intern, from Wellesley College
Sharon Han	Fall 2024, Honors thesis committee, School of Human Ecology, UT Austin
Alice Luu	Summer 2024 CPRIT intern, from UT Austin
Ana Peinado	Summer 2023 CPRIT intern, from UT Austin, 2 <sup>nd</sup> place Elevator Speech
Jade Wollenberg	Summer 2021 CPRIT intern, from UT Austin, 1 <sup>st</sup> place Poster
Morgan Kunde	Fall 2021, Honors thesis committee, School of Human Ecology, UT Austin
Saskiah Holman	Summer 2020 Intern, from UT Austin
Sakiah Marks-Riveria	Summer 2020 CPRIT intern, University of Wisconsin
Shannon Scott	Fall 2019, Visiting student scholar, UT Austin
Nisha Desai	Summer 2019 CPRIT intern, from UT Austin
Emily Wang	Summer 2018 CPRIT intern, from UT Austin
Tosin Akintan	Summer 2017 CPRIT intern, from UT Austin
Marie Trudelle	Summer 2016 CPRIT intern, from UT Austin
Diego Diaz	Spring 2016, Public Health Internship (BIO 361P), from UT Austin
Christine Joyce	Summer 2015 CPRIT intern, from Southeast Missouri State
Smridhi Mahajan	Summer 2015 CPRIT intern, from UT Austin

## **SERVICE TO THE PROFESSION**

---

### **STUDY SECTION/REVIEW PANEL**

- 2022, Ad hoc reviewer; NIH Center for Scientific Review (CSR); Risk, Prevention and Health Behavior (RPHB) Integrated Review Group; Lifestyle Changes and Behavioral Health Standing Panel (LCBH)
- 2017, USDA National Institute of Food and Agriculture (NIFA) Reviewer
- 2016, USDA National Institute of Food and Agriculture (NIFA) Reviewer
- 2015, USDA National Institute of Food and Agriculture (NIFA) Reviewer

### **SOCIETY ACTIVITIES AND MEMBERSHIP**

- Society for Prevention Research, 2024-present
- American Public Health Association, 2015-present
- Society for Research in Child Development, 2018-present
  - Panel Co-chair, 2020
- The Obesity Society, 2005 - present
  - Education Committee, Committee member, 2015-2017
  - Early-Investigator Committee, Senior Advisor, 2012 – 2014
  - Early-Investigator Committee, Chair, 2011 – 2012
  - Early-Investigator Committee, Committee member, 2009 – 2011
  - Pediatric Obesity Section, Fellow Councilor, 2008 – 2010
- International Society of Behavioral Nutrition and Physical Activity, 2010 – 2017
- American College of Sports Medicine, 2007 – 2010

### **CONFERENCE ABSTRACT/APPLICATION REVIEWER**

- American Public Health Association, 2020, 2021, 2023, 2024, 2025
- Society for Research in Child Development, Abstracts, 2018, 2020, 2023
- The Obesity Society, 2011, 2012, 2013, 2016, 2017, 2018, 2019, 2020, 2022, 2024, 2025
- Society for Nutrition Education and Behavior, Abstracts, 2017, 2018, 2019, 2020
- International Society of Behavioral Nutrition and Physical Activity, Abstracts, 2012, 2014

### **JOURNAL PEER REVIEWER**

- |  |  |
|--|--|
| ▪ <i>American Journal of Clinical Nutrition</i>          | ▪ <i>Journal of Pediatric Nursing</i>            |
| ▪ <i>American Journal of Preventive Medicine</i>         | ▪ <i>Journal of Physical Activity and Health</i> |
| ▪ <i>BMC Public Health</i>                               | ▪ <i>Journal of Public Health Nutrition</i>      |
| ▪ <i>Childhood Obesity</i>                               | ▪ <i>Nutrients</i>                               |
| ▪ <i>Contemporary Clinical Trials</i>                    | ▪ <i>Nutrition</i>                               |
| ▪ <i>International Journal of Pediatric Obesity</i>      | ▪ <i>Obesity</i>                                 |
| ▪ <i>Journal of Applied and Developmental Psychology</i> | ▪ <i>Pediatrics</i>                              |
| ▪ <i>Journal of Nutrition Education and Behavior</i>     | ▪ <i>Pediatric Obesity</i>                       |
| ▪ <i>Journal of Nutrition and Health Sciences</i>        | ▪ <i>Public Health Nutrition</i>                 |
|  | ▪ <i>Preventing Chronic Disease</i>              |
|  | ▪ <i>Preventive Medicine</i>                     |