

## CURRICULUM VITAE

### Elisabeth (Lilian) HM de Jonge

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#### **EDUCATION**

1991 - 1996 : **Ph.D. in Nutrition**, University of Montreal, Montreal, Canada  
1984 - 1990 : **M.Sc. in Nutrition**, Wageningen Agricultural University, Wageningen, The Netherlands

#### **PROFESSIONAL EXPERIENCE**

2023-present : **INTERIM DEPARTMENT CHAIR**, Department of Nutrition and Food Studies, George Mason University, Fairfax, VA

2023- present : **FULL PROFESSOR**, Department of Nutrition and Food Studies, George Mason University, Fairfax, VA

2021 – 2023 : **ASSOCIATE PROFESSOR**, Department of Nutrition and Food Studies, George Mason University, Fairfax, VA  
NUTR 295 – Fundamentals of Nutrition- Mason Core Course Coordinator (January 2020-present)  
Academic Program Manager (May 2019-present) Practicum Coordinator (August 2018-present)

#### **Responsibilities:**

#### Academic Program Management

- Manage course scheduling and enrollment cut-offs.
- Advise potential new students in our programs and pathways
- Advise student in the nutrition minors and concentration
- Liaison between the department chair and the department faculty.
- Liaison between the department, students, and the office of student affairs
- Maintain regular contact, in support of students, with undergraduate and graduate coordinator, academic advisors, associate dean of academic affairs and student affairs, staff in the Registrar's office
- Advise department faculty on student course choices and schedules and the necessary paperwork required
- Prepare and submit curricular changes to the CHHS curriculum committee
- Assign academic advisors to students
- Manage adjunct faculty hiring, scheduling, training

and evaluations.

- Manage and complete TK 20 assessment

#### Curriculum development

- Support advancing the MS/RD program with Dr. Sapna Batheja.
- Support development of new curricular activities (BAM nutrition program, nutrition/kinesiology certificate etc)
- Be the public interface and contact for the teaching programs of the Department

#### Practicum Management

- Guide students in their search for a practicum location
- provide support during the practicum
- maintain contact with the students and preceptors
- organize a final presentation session

#### NUTR 295 – Fundamentals of Nutrition- Mason Core Course Coordinator

- Oversee the quality and consistency of the different sections
- Adjust the blackboard course shell to changes in the learning platform.
- Function as a liaison between the publishing company and the course faculty

#### Teach Undergraduate and Graduate courses in Nutrition

#### Mentor students throughout their MS Nutrition Program

#### Research

- GMU Principal Investigator of current NIH RO1 grant.
- Principal Investigator of current research contract with BFF and Kulli-Kulli
- Co-Investigator of the “Health Starts Here’ study

2014 – 2021 : **ASSISTANT PROFESSOR**, Department of Nutrition and Food Studies, George Mason University, Fairfax, VA  
NUTR 295 – Fundamentals of Nutrition- Mason Core Course Coordinator (January 2020-present)  
Academic Program Manager (May 2019-2021)  
Practicum Coordinator (August 2018-2021)

#### Responsibilities:

#### Curriculum development

- Led development of BS Nutrition and preparation of the program proposal for SCHEV
- Supported advancing the MS/RD program with Dr. Tammy Wagner.

- Support development of new curricular activities (BAM nutrition program, nutrition/kinesiology certificate etc)
- Serve as the public interface and contact for the teaching programs of the Department

#### Practicum Management

- Guide students in their search for a practicum location
- provide support during the practicum
- maintain contact with the students and preceptors
- organize a final presentation session

#### Teach Undergraduate and Graduate courses in Nutrition

#### Mentor students throughout their MS Nutrition Program

#### Research

- Grant management of current NIH RO1 grant.
- Providing nutrition assessment support for the “Health Starts Here” study
- Grant writing
- Manuscript writing
- Thesis mentoring

- 2014 - 2014 : **AFFILIATE PROFESSOR**, Department of Nutrition and Food Studies, George Mason University, Fairfax, VA  
Responsibilities: Teach Undergraduate and Graduate Courses in Nutrition
- 2010 – 2018 : **ADJUNCT FACULTY**, Pennington Biomedical Research Center, Baton Rouge, LA  
Responsibilities: Assist in data analysis and manuscript writing
- 2010 – 2012 : **STAFF SCIENTIST** at the NIDDK/NIH, Diabetes, Endocrinology and Obesity Branch, Bethesda, MD (two-year contract position through Kelly Services)  
Responsibilities: Conduct research in the area of obesity and circadian rhythm  
 Mentor the Post-baccalaureate interns and Fullbright Fellow  
 Perform data analysis and write publications
- 2007 - 2010 : **SCIENTIFIC DIRECTOR**, Metabolic Assessment Core, Pennington Biomedical Research Center, Baton Rouge, LA  
Responsibilities: Oversee and coordinate metabolic assessments (energy metabolism, body composition, glucose metabolism,
- Design of studies and protocols, including measurement plans, recruiting, screening, testing, data acquisition and management, QA/QC, and data analysis.
  - Manage and supervise a group of Research Engineers, Research Assistants and student workers that increased in size from four to nine overtime.

Grant writing  
 Manuscript writing

- 2000 - 2007 : **DIRECTOR**, Metabolic Chambers Core, Pennington Biomedical Research Center, Baton Rouge, LA  
Responsibilities: Oversee and coordinate metabolic assessments (energy metabolism, body composition, glucose metabolism,
- Design of studies and protocols, including measurement plans, recruiting, screening, testing, data acquisition and management, QA/QC, and data analysis.
  - Manage and supervise a group of Research Engineers, Research Assistants and student workers that increased in size from four to nine overtime.
- Grant writing  
Manuscript writing
- 1997 – 2000 : **DIRECTOR**, Indirect Calorimetry Laboratory, Pennington Biomedical Research Center, Baton Rouge, LA  
Responsibilities: Oversee and coordinate metabolic assessments (energy metabolism, body composition, glucose metabolism,
- Design of studies and protocols, including measurement plans, recruiting, screening, testing, data acquisition and management, QA/QC, and data analysis.
  - Manage and supervise a group of Research Engineers, Research Assistants and student workers that increased in size from four to nine overtime.
- Grant writing  
Manuscript writing
- 1997 - 1999 : **ADJUNCT ASSISTANT PROFESSOR**, Our Lady of the Lake Medical College, Baton Rouge, LA  
Responsibilities: Teach undergraduate courses to pre-nursing students
- 1996 – 1997 : **POST-DOCTORAL RESEARCHER**, Pennington Biomedical Research Center, Baton Rouge, LA
- 1990 – 1996 : **RESEARCH ASSISTANT**, Burn Centre, Hôtel-Dieu Hospital, Montreal, Canada

## **TEACHING, TRAINING AND STUDENT MENTORING EXPERIENCE**

### **TEACHING EXPERIENCE**

- **Associate Professor,** . Department of Nutrition and Food Studies. George Mason University, Fairfax VA, 2021-present

Curriculum Development: I was instrumental in the modification of the MS Nutrition program to provide an MS/RD concentration as well as a Community Nutrition concentration. This included assisting in course and syllabus development, preparing all documentation for new courses and the new curriculum for the CHHS curriculum committee. The MS/RD program was developed under the new Future Education Model (FEM) and approved by ACEND in April 2022. The modification of the MS was approved by SCHEV in May 2022.

- Course development.: I developed NUTR 553, Nutrients, for the new MS as well as NUTR 442, Advanced Nutrition I, a prerequisite for the RD concentration in the MS. I also developed a fully online version of NUTR 451/651, Nutrition Assessment.
- Practicum Coordinator: See Assistant Professor position description for details. I modified the course requirements so students would be able to complete a virtual practicum.
- Courses taught
  - NUTR 295: Introduction to Nutrition
  - NUTR 423: Nutrition and Chronic Diseases
  - NUTR 442: Advanced Nutrition I
  - NUTR 444: Advanced Nutrition II
  - NUTR 451 Nutrition Assessment
  - NUTR 466: Weight Management
  - NUTR 566: Weight Management
  - NUTR 642: Macronutrients
  - NUTR 651: Nutrition Assessment, Monitoring & Surveillance
  - NUTR 670: Nutrition Research Methods
  - NUTR 788: Pre-practicum Seminars
  - NUTR 790: Practicum

- **Assistant Professor.** Department of Nutrition and Food Studies. George Mason University, Fairfax VA, 2014-2021.

Curriculum Development: Participating in the development of a BS in Nutrition and Food Studies and the modification of the MS in Nutrition to provide a MS/RD option. For the development of the BS program my colleagues and I were awarded a \$15 000 grant from the office of Students as Scholars to put together a research intense curriculum. For the development of the MS Dietetics Track my colleagues and I were awarded a \$34,600.00 GMU Curriculum Impact Grant.

- Course Development: I developed the Nutrition Assessment course for both the BS and the MS program, the Nutrition Research Methods course and the undergraduate and graduate Weight Management course. I implemented a 'flipped' classroom course (lectures online) for all but the Weight Management Course to allow for more hands-on time during class time.
- Practicum Coordinator: The MS program in Nutrition requires a 200-hour practicum. I developed the course syllabus, all necessary forms and course descriptions, reached out to potential organizations to build a practicum site data base, wrote MOUs when necessary, performed biweekly follow ups with both the students and their supervisors and organized poster sessions at the end of each semester.

- Courses taught
  - NUTR 295: Introduction to Nutrition
  - NUTR 423: Nutrition and Chronic Diseases
  - NUTR 466: Weight Management
  - NUTR 566: Weight Management
  - NUTR 642: Macronutrients
  - NUTR 651: Nutrition Assessment, Monitoring & Surveillance
  - NUTR 670: Nutrition Research Methods
  - NUTR 788: Pre-practicum Seminars
  - NUTR 790: Practicum
- **Guest Lecturer.** Department of Human Ecology, Louisiana State University, Baton Rouge, LA, 2006-2007
  - HUEC 7005 Molecular and Clinical Nutrition II
- **Adjunct Assistant Professor,** Our Lady of the Lake Medical College, Department of General Studies, Baton Rouge, LA, 1997-1999
  - BIOL 2310: Fundamentals of Nutrition
  - BIOL 2320: Anatomy and Physiology
- **Teaching Assistant.** Department of Nutrition, University of Montreal, Canada, 1994-1995
  - NUT 6027: Nutrition and Disease I
- **Teaching Assistant.** Department of Human Nutrition. Wageningen Agricultural University. Wageningen, The Netherlands, 1987-1988
  - HNE-24306 Nutritional Status Assessments
  - HNE-30782 Energy and Protein Requirements
- **Teaching Assistant.** Department of Animal Physiology. Wageningen Agricultural University. Wageningen, The Netherlands, 1987-1988
  - HAP-10306 Human Physiology I
  - HAP-21303 Human Physiology II

## MENTORING AND SUPERVISION EXPERIENCE

- **Practicum Coordinator**, Department of Nutrition and Food Studies, George Mason University. Fall 2014 - Summer 2017; Fall 2018 - present
  - I was the first practicum coordinator for the MS program, and developed the course syllabi, all necessary forms and course descriptions. The practicum, a requirement for students not pursuing the thesis option, consists of two parts; a pre-practicum course during which students were guided in the process of finding a practicum location, writing a resume and a cover letter, completing the required paperwork and defining, in collaboration with the practicum preceptor, the objectives and goals; and the actual 200-hour practicum course. In order for students to find a practicum location, I reached out to many organizations in the greater Washington DC area, organized meetings and presentations with these organizations to familiarize them with our MS program, the goals of the practicum and the potential capabilities of our students. Once the students were in their practicum, I maintained biweekly contact with the students and their preceptors and followed up if issues came up. At the end of each semester I coordinated report writing and preceptor evaluations and organized a final presentation evening for all students and their preceptors. All students, professors and potential preceptors were equally invited. I was responsible for the development of all documents necessary for both the pre-practicum and practicum course. I have placed a total of 67 students.
- **Supervised 26 LSU student workers** during their tenure at the Pennington Biomedical Research Center between 1997- 2010.
  - Work Activities: I was responsible for training the students to perform energy expenditure measurements, maintain the laboratory database and teach them fundamentals of clinical research.
- **Supervised 10 first-year medical students** at the University of Montreal during their summer research project. Summer 1989 - Summer 1995:
  - Work Activities: I was responsible for protocol writing and IRB approval prior to student arrival, teaching of necessary theoretical background, training on study methods used, supervision during execution of the study, assist in data analysis and paper writing.

## Mentoring

### Post-Doctoral Fellows:

**Eliane Lucassen, MD.** Fulbright scholar. NIDDK/NIH. Bethesda MD. Dec 2011-Dec 2012. Project: Sleep Extension Study – Effects of Chronotype on Metabolic Factors

**Heli Roy.** Post-doctoral fellow. July 1997-May 1998. Pennington Biomedical Research Center, Baton Rouge, LA. Project: The effects of olestra on energy metabolism and substrate oxidation.

### George Mason University Undergraduate Students

**Devon Nelson:** Work study student. Department of Nutrition and Food Studies. August 2016-May 2017. Project: Repeatability of RMR and body composition measurements.

**Gabriella Marmolejos:** work study student. Department of Nutrition and Food Studies. January 2016- June 2016. Project: Sleepy Hollow Elementary School Health Assessments

**Roohussaba Khairullah:** work study student. Department of Nutrition and Food Studies. August 2015- May 2016. Project: Data acquisition for the Nutrition Assessment Laboratory,

**George Mason University Graduate Students.**

**Blessing Seidu.** MS student. Thesis advisor. Department of Nutrition and Food Studies. August 2022-present. Project: Examining the Relationship Between Transition Readiness and Fruit and Vegetable Intake of Adolescents with Autism During Transition to Adulthood: A Pilot Study.

**Maryann Greenfield.** MS student. Committee member. Department of Nutrition and Food Studies. August 2022-present. Project: Association between dietary timing and migraine.

**Rachel Buhler:** MPH student. Academic advisor. Department of Global and Community Health. May 2023-August 2022. Project: Catholic Charities Diocese of Arlington (CCDA) Loudoun Regional Office Food Pantry; Helpful Information for You and Your Families

**Elisa Solomon:** MPH student. Academic advisor. Department of Global and Community Health. May 2022-August 2023. Project: Fairfax County Health Department Fairfax Food Council. Food insecurity within Fairfax county/

**Minal Sankla:** MS student. Concentration Project advisor. Department of Biology. January 2023-present. Project: Role of Conjugated Linoleic Acid in Obesity

**Hasseena Shaik:** MS student. Concentration Project advisor. Department of Biology. January 2023-present Project: The effects of Moringa oleifera on Glycaemia and Insulin Levels.

**Abdulrahman Fahad A Alsayegh.** MS student. Co-thesis advisor. Department of Nutrition and Food Studies. August 2021- May 2022. Project: Investigation of the correlation between screen time, social media status, and BMI status among Mason college students.

**Gisell Henriquez:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2022. Project: St. Lucy Food Project. Recipe process report and lessons learned.

**Maribel Sobiranis:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2022. Project: St. Lucy Food Project. Diabetes recipes.

**Marissa Rollins:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2022. Project: Food Insecurity and Cystic Fibrosis: Knowledge & Use of the Federal Nutrition Programs.

**Kate Garsson:** MPH student. Culminating project advisor. Department of Global and Community Health. May-August 2021: Project: Food Policy Council Self-Assessment Tool. Result analysis for the Fairfax Food Council

**Malory Green:** MPH student. Culminating project advisor. Department of Global and Community Health. May-August 2021: Project: USDA TEFAP Process Report at Christ House & Lessons Learned. The St. Lucy Food Project.

**Kelly Kogan.** PhD Student HAP. January-December 2021. Supervised course development and teaching of "Statistics for Nutritionists", a special topics course, as part of HHS 850, Teaching Practicum in Public Health

**Jordan Everett:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2021. Project: Phase 2 Maryland summer meals waiver evaluation

**Gabriella Rodan:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2020. Project: Real Food for Kids Food Explorers. January-May 2019. Project: Real Food for Kids Food Explorers Program

**Kiran Chaudhry:** MPH student. Culminating project advisor. Department of Global and Community Health. January-May 2020. Project: Fairfax Food Council. Food Insecurity Projects.

**Manisha Khatri:** MS student. Committee member. Department of Nutrition and Food Studies. August 2020-present. Project: Magnesium Intake and Odds of Migraine Occurrence in Peri/Pre-menopausal Women participating in the Study of Women's Health across the Nation (SWAN).

**Li Jiang:** MS student. Thesis advisor. Department of Nutrition and Food Studies. August 2020-present. Project: The relationship between loneliness, dietary behavior and body weight in college students.

**Eli Kalman-Rome:** MS student. Thesis advisor. Department of Nutrition and Food Studies. June 2019-present. Project: Dietary Supplement Use in Transmasculine Spectrum Populations



**Huilun Li:** MS student. Committee member. Department of Nutrition and Food Studies. April 2018- December 2018. Project: Influence of Migraine on Dietary Intake.

**Audrey Olson:** MS student. Committee member. Department of Nutrition and Food studies. April 2018- April 2019. Project: Relationship between meal time and dietary intake in the GMU dining hall.

**Rafia Virk:** MS Student. Thesis Advisor. Department of Nutrition and Food Studies. April 2018- May 2019. Project: Effects of capsaicin added to a meal on glucose metabolism.

**Emelia Andoh:** DNP student. Committee member. School of Nursing. October 2016-May 2018. Project: Education of nurses on the current and innovative bundle care approach in preventing pressure ulcers among home health care patients' response.

**Sara Rhoades:** MS student. Co-advisor. Department of Nutrition and Food Studies. January 2016- August 2016. Project: Child Health, Exercise, & Wellness Program (CHEW): a randomized controlled trial (RCT) to target early treatment for childhood obesity among Latino children.

**Garrett Trump:** MS student. Summer research advisor. Department of Nutrition and Food Studies. May 2016-October 2016. Project: Does slow reintroduction of calories after weight loss prevent weight regain in trained athletes? A feasibility study.

**Alexandra Hauver:** MS student. Committee member. Department of Nutrition and Food Studies. September 2015-July 2016. Project: Total anthocyanin level in commercial available pigmented grain products.

**Katelyn Brennan:** MS student. Thesis advisor. Department of Nutrition and Food Studies. August 2015- present. Project: The effects of drinking water on resting energy expenditure and substrate oxidation.

**Holly Childs:** MS student. Co-advisor. Department of Nutrition and Food Studies. Sept 2014-Sept 2015. Project: Role of omega-3 Fatty Acids in Sleep Duration and Quality.

### **Students at other institutions**

**Louise Clamp:** PhD student. External committee member. University of Cape Town, Department of Human Biology. Cape Town, South Africa. May 2019- May 2022. Project: The role of metabolic rate and substrate utilization in the maintenance of body weight, body composition and insulin sensitivity.

**Melissa Troncoso:** PhD student. External committee member. Uniformed Sciences University of the Health Sciences, Department of Nursing. March 2018- May 2021. Project: Weight cycling in the US military.

**Angela Ramer.** Post-baccalaureate Intramural Research Training Awardee (IRTA), NIDDK/NIH, Bethesda MD. Sept 2010-Sept 2011. Project: Sleep Extension Study – Neuropsychological Effects

**Samuel Zuber.** Post-baccalaureate Intramural Research Training Awardee (IRTA), NIDDK/NIH, Bethesda MD. Sept 2010-June 2011. Project: Sleep Extension Study – Hunger and Satiety

**Jolanda Kroon.** MSc Intern, Department of Human Nutrition. Wageningen Agricultural University, Wageningen, The Netherlands. March-September, 2009. Project: Effects of Pine Nut oil on weight loss and energy expenditure

**Site Li.** Louisiana Clinical and Translational Science Center (LaCATS) Summer Intern. Jun-July 2008. Project: Validation of a new metabolic cart.

**Nycole Grippe,** MSc intern. The College of St. Scholastica, Duluth, MN June 2004-August 2004. Project: Validation of the Intellectual Devise for Energy Expenditure Assessment (IDEEA).

**Hanneke Boon,** MSc Intern, Department of Human Biology, Maastricht University, The Netherlands, January 2003-July 2003. Project: Inter-individual variability in the adaptation to a high-fat diet in lean individuals.

**Calynn Davis,** MSc candidate, LSU Dept. of Kinesiology, March 2002- 2006. MSc Committee Member. Project: Autonomic Nervous System Modulation of the Heart Following a High

Carbohydrate Liquid Meal

**Arshin Sheybani.** Howard Hughes Medical Institute Summer Program. May 2002-August 2002.

Project: A Drop in Delta RQ during an Adaptation to a High Fat Diet as an Indicator for Developing Obesity

**Tessa van Rossenberg,** MSc intern, Department of Human Nutrition, Wageningen Agricultural University, Wageningen, the Netherlands. May 2001- Nov 2001. Project: The effect of pioglitazone on post-prandial substrate oxidation in type 2 diabetics.

## **RESEARCH AND RESEARCH ADMINISTRATIVE EXPERIENCE**

### **RESEARCH EXPERIENCE**

- **Faculty,** Department of Nutrition and Food Studies. George Mason University, Fairfax VA.
  - Build laboratory capacities, develop pilot data and write research proposals to jump start and support faculty and student research projects.
  - Support the nutrition assessment measurements for the CHHS 'Health Starts Here' study
  - Development of the Nutrition Assessment Laboratory. I co-founded the Nutrition Assessment Laboratory with Dr. Sina Gallo in 2015. Since August 2020 I am the sole responsible for the lab
  - This lab now houses a CosMed Metabolic Cart and a Hologic DXA and a MedGraphic exercise evaluation system in addition to tools for dietary assessment, anthropometry and assessment of activity. I arranged to get the metabolic cart on loan for the first year in order to get the lab started, until funding was obtained to purchase the Metabolic Cart. I coordinated the writing of the operating manuals, the Standard Operating Procedures (SOP), a QA/QC plan, standard IRB text and the development of a scheduling system and a data management system.
  - Performance of pilot studies: I have performed 4 pilot studies using the assessment lab to provide data for grant applications.
  - Grant writing: I wrote an RO1 grant application together with Dr. Kathy Richards from the GMU School of Nursing to study sleep and restless leg syndrome in Alzheimer patients. This grant was awarded but moved to the University of Texas at Austin by the PI. I wrote an ancillary study to evaluate the role of nutrition supplements on the severity of restless leg syndrome in these patients.
  - I also wrote an RO1 application together with Dr. Melanie Bean from Virginia Commonwealth University to study the effects of salad bars in elementary schools in Fairfax County on fruit and vegetable consumption and preference. This grant started in February 2019 and with a planned completion date of February 2022. Due to COVID-19 the completion date is not clear. We did receive a no-cost extension on the grant until December 31, 2024.
  - Research Design for industry. I designed 3 studies involving dietary supplements
  - Stimulate the participation of undergraduate students in research projects. I have mentored 4 undergraduate students through the 'Students as Scholars' program at GMU. The students are assigned to a mentor for a period of one year and will present their work during a research day at the end of the academic year. I also mentored 3 undergraduate students who were interested in my work. All students worked on the development of elementary school projects to assess attitude towards fruits and vegetables. Between Fall 2018 and Spring 2020 have mentored a group of 15-20 students per semester assessing plate waste in elementary schools in FCPS as part of the RO-1 grant. Starting Fall 2022 I will have 2 OSCAR students working with me on a dietary supplement study.
  - Mentor graduate students for their thesis project: I have been thesis advisor for 5 students in the MS nutrition program. All completed projects have been presented during Obesity

Week and manuscripts have been submitted for publication. I also served as co-advisor for 7 students and was invited to mentor a PhD student from the Uniformed Services University in Bethesda MD. Between Fall 2018 and Fall 2019 have mentored a group of 5-10 students per semester who participated in the assessment of the school cafeteria environment in elementary schools in FCPS as part of a grant with Real Food for Kids from the Northern Virginia Health Foundation

- **Staff Scientist** at the NIDDK/NIH, Diabetes, Endocrinology and Obesity Branch, Bethesda MD (on contract through Kelly Services)
  - Study the role of sleep and circadian rhythm on the development of obesity. I was a co-principal investigator on a behavioral intervention trial on the effects of sleep extension on body weight, metabolic, endocrine, psychological and behavioral outcomes in a cohort of obese, chronically sleep deprived, individuals and am responsible for data collection and management, data analysis and manuscript writing.
  - Mentor the post-baccalaureate fellows and a Fulbright post-doctoral fellow.
- **Scientific Director**, Metabolic Assessment Core, Pennington Biomedical Research Center, Baton Rouge, LA (note – this description also includes research activities associated with prior Pennington Laboratory and Core Director Positions)
  - I was responsible for the establishment of the laboratory which originally only performed indirect calorimetry measurements for the assessment of energy expenditure. Under my direction measurements of free-living energy expenditure using accelerometers and measurement of core temperature, as well as the assessment of autonomic function by heart rate variability were added. I designed the validation and data processing systems for accelerometer and core temperature measurements, and developed the assessment procedures to measure heart rate variability, the inter-individual variability in the adaptation to acute changes in diet composition as well as adaptation to situations of both short and long-term energy imbalance.
  - I collaborated on numerous NIH-funded projects, and was co-PI on two RO1 grants. I was also co-PI and co-investigator on many industry sponsored research projects determining the effects of both pharmaceutical and nutraceutical compounds on energy expenditure and fat oxidation, long-term weight loss and weight maintenance.
  - I was co-PI on a USDA funded institutional grant during my entire tenure. The grant focused on the metabolic adaptations to both long-term and acute changes in macronutrient composition of the diet.
  - I co-authored the software used for data acquisition and control for the metabolic chambers, a program that gained national recognition and was subsequently copyrighted and is now being licensed to run many of the chambers in North America.
- **Post-doctoral Researcher**. Pennington Biomedical Research Center, Baton Rouge, LA.
  - I participated in the development of research protocols on the effect of dietary fat on substrate metabolism and was instrumental in the development of the research methods used.
- **Research Assistant**, Burn Centre, Hôtel-Dieu Hospital, Montreal, Canada.
  - I conducted metabolic and nutritional assessments and participated in several dietary interventions to improve outcome of burned patients, surgery patients and cancer patients.
  - I maintained the research database, and analyzed data for publications.
  - Mentored both undergraduate and graduate (MSc) students.

#### RESEARCH ADMINISTRATIVE EXPERIENCE

- **Scientific Director**, Metabolic Assessment Core, Pennington Biomedical Research Center, Baton Rouge, LA
  - I established and managed the metabolic Chambers Core facility. My main responsibility was

to oversee and coordinate the assessment of energy expenditure by indirect calorimetry. We used metabolic carts for the assessment of resting energy expenditure and metabolic chambers for the assessment of 24-hour energy expenditure, the latter a tool only available in ~20 laboratories around the world.

- I designed numerous studies and protocols, including measurement plans, recruiting, screening, testing, data acquisition and management, QA/QC, and data analysis.
- I established the measurement plan and managed the measurements of resting metabolic rate for two multimillion dollar, multi-center NIH-funded studies. This involved developing and providing training to the study sites and ensuring quality control during the course of the study.
- I managed and supervised a group of Research Engineers, Research Assistants and student workers that increased in size from four to nine overtime.

## **RESEARCH ACTIVITIES**

**REFEREED PUBLICATIONS - Original Manuscripts (#citations: 13 675 ; H-index:51; i10-index: 71; from Google Scholar 01/15/2024)**

### **Submitted**

1. Kalman-Rome EO, **de Jonge L**, Lacharite K, Wallace TC. Dietary supplement use in transmasculine spectrum populations. Results of an online survey of volunteer adults. *Transgender Health* (submitted)
2. Brennan K, Brick SM, **de Jonge L**. Increase of whole-body fat oxidation through increased hydration status in humans. *Nutrients* (submitted)
3. Virk R, **de Jonge L**. Capsaicin; a spicy tool for weight management? *ACN* (submitted)

### **Published**

1. Garr K, Mendoza A, Mazzeo SE, Raynor H, **de Jonge L**, Tatum KL, Moore B, Bean MK. School Nutrition Personnel Perceptions of School Salad Bars Before and After COVID-19. *Nutrients* (in press)
2. Rana ZH, Frankenfeld CL, Kennedy EJ, Leon C, **de Jonge L**, Jiang L, Davila M, Cheskin LJ. .Journal of American College Health 2023, DOI: 10.1080/07448481.2023.2220397.
3. Bean MK, Raynor H, Thornton LM, **de Jonge L**, Mazzeo SE. Design and rationale for evaluating the impact of salad bars on elementary school students' fruit, vegetable, and energy intake: a wait list control, cluster randomized controlled trial. *BMC Public Health* 2022; 22: 2304-13. <https://doi.org/10.1186/s12889-022-14744-y>
4. Jing L, Frankenfeld CL, Cheskin LJ, **de Jonge L**. Loneliness is associated with unhealthful dietary behaviors and physical inactivity among US college students. *J Am Coll Health* 2022 DOI: 10.1080/07448481.2022.2141060.
5. Cheskin LJ, Rana ZH, Frankenfeld CL, Kennedy EJ, Bertholdo J, **de Jonge L**. Why don't college freshmen meet the US dietary guidelines for added sugar, refined grains, sodium and saturated fat? *J Am Coll Health* 2022; DOI: 10.1080/07448481.2021.2024213
6. Rana ZH, Frankenfeld CL, **de Jonge L**, Kennedy EJ, Bertoldo J, Short JL, Cheskin JL. Dietary Intake and Representativeness of a diverse College-attending population compared to an age-matched US population. *Nutrients* 2021;13:3210-22.

7. Dorling JL, van Vliet S, Huffman KM, Kraus WE, Bhapkar M, Pieper CF, Stewart T, Das SK, Racetter SB, Roberts SB, Ravussin E, Redman LM, Martin CK, **CALERIE study group**. Effects of Calorie Restriction on human physiological, psychological and behavioral outcomes: Highlights from CALERIE phase 2. *Nutrition Reviews* 2021;79: 98-113.
8. Cuellar AE, Adams LM, **de Jonge L**, Espina V, Espinoza L, Fisher S, Frankenfeld C, Hines D, Kornienko O, Lawrence H, Ramizani N, Rana Z, Rossheim M, Short J, Waithaka E, Wilson A, Cheskin L. Protocol for the Mason Health Starts Here Prospective Cohort Study of Young adult college students. *BMC Public Health* 2021; 897-912.
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27. **de Jonge L**, Bray GA, Xie H, Rood JC, Brock C, Smith SR. Effect of Diets Differing in Protein Content on Energy Expenditure During 8 Weeks of Overfeeding: The PROOF Study. ICO 2010, Stockholm Sweden
28. **de Jonge L**, Bray GA, Smith SR, Rood J, Laranjo J, Carey V, Obarzanek E, Loria CM, Anton SD, Ryan DH, Greenway FL, Williamson DA, Sacks FM. Change in Resting Energy Expenditure (REE) During Two Years of Weight Loss: A Comparison of Four Diets that Differ in Macronutrient Composition. TOS 2009. Washington DC.
29. Bennett B, Volaufova J, Chalew S, Soros A, Larson-Meyer E, Ravussin E, Cefalu W, **Levitan L**, Gordon S, Smith S, Newcomer B, Slaughter D, Sothorn M. Early Markers for the Metabolic Syndrome in Youth. ADA 2009, New Orleans LA
30. Galgani JE, Luu LC, **de Jonge L**, Rood J, Young A, Smith SR, Ravussin E. Urinary C-peptide excretion and glycolytic glucose metabolism relate to insulin sensitivity measured by hyperinsulinemic clamp. ADA 2009, New Orleans LA.
31. Smith SR, **de Jonge L**, Xie H, Bray GA 'Effect of 4 Weeks Overfeeding On Resting Energy Expenditure –A Pilot Study'. ECO 2009. Amsterdam, the Netherlands
32. Bray GA, Smith SR, **de Jonge L**, Rood J, Laranjo J, Carey V, Obarzanek E, Loria CM, Anton SD, Ryan DH, Greenway FL, Williamson DA, Sacks FM 'Energy expenditure with weight loss in the POUNDS LOST Study' ECO 2009. Amsterdam, the Netherlands
33. **de Jonge L**, Sereda O, Rood JC. Can Urinary C-Peptide Excretion be Used as an Indicator of Insulin Sensitivity. ECO 2009. Amsterdam, the Netherlands.
34. **de Jonge L**, Most MM, Rood JC, Burton M. Effect of an increase in dairy intake on weight maintenance in individuals with a low habitual calcium intake. ECO 2008, Geneva, Switzerland.
35. Tompkins C, Smith SR, Ravussin E, **de Jonge L**, Sothorn MS. The Influence of Race, Breastfeeding, Birth Weight and Mother's Pregnancy Weight on Potential Markers for the Metabolic Syndrome in Prepubertal Youth. NAASO Annual Meeting 2007. New Orleans LA.
36. Tompkins C, Smith SR, Ravussin E, **de Jonge L** Sothorn MS. The Influence of Race and Physical Activity on Lipid Profiles and Blood Pressure in Prepubertal Youth. NAASO Annual Meeting 2007. New Orleans LA
37. **de Jonge L**, Moreira E, Ravussin E. Impact of six months of Caloric Restriction on Autonomic Nervous System Activity in healthy individuals. NAASO Annual Meeting 2007. New Orleans LA
38. Sparks LM, Pasarica M, Sereda O, **de Jonge L**, Thomas S, Loggins H, Xie H, Miles JM, Smith SR. Sex differences in metabolic flexibility: a role for adipose tissue lipid metabolism. ECO 2007. Budapest, Hungary.
39. **de Jonge L**, DeLany JP, Nguyen T, Howard J, Redman LM, Ravussin E. Assessment of Adherence to Caloric Restriction using Doubly Labeled Water and Changes in Body Composition. NAASO 2006 annual meeting, Boston MA
40. Redman LM, **de Jonge L**, Greenway F, Smith SR, and Ravussin E. Effects of a novel b3-adrenoreceptor agonist, TAK-677 on energy metabolism in obese individuals: A double-blind, placebo-controlled randomized study. ICO 2006, Sydney, Australia
41. Wang S, Xie H, **de Jonge L**, Greenway FL, Sparks LM, Smith SR Subtyping Obesity With Microarrays; implications for the diagnosis and treatment of obesity. ADA 2006, Washington DC
42. **de Jonge L**, Moreira EAM, Heilbronn LK, Ravussin E. impact of caloric restriction on the activity of the autonomic nervous system in healthy subjects. SBAN 2005, Sao Paulo Brazil.

43. **de Jonge L**, Most MM, Rood JC. Increased Resting Metabolic Rate and Fat Oxidation after a Diet Rich in Dairy Products. NAASO 2004 annual meeting, Las Vegas NV
44. **de Jonge L**, Smith SR, Nguyen T, Rood JC, Most MM, Bray GA. Role for Sympathetic Activity in the Adaptation to a High-Fat Diet. NAASO 2003 annual meeting. Ft. Lauderdale FL.
45. Roberts AT, **de Jonge L**, Parker C, Greenway FL. The effect of black tea extract and caffeine (TeaLean) on oxygen consumption in man. Experimental Biology 2003, San Diego CA.
46. **de Jonge L**, Smith S, Most M, Bray G. High-fat preloading increases fat oxidation after a high-fat meal. Presented at the 9th ICO meeting, Sao Paolo, Brazil
47. Ravussin E, Williamson D, **de Jonge L**, Caglayan S, Thaw JM, Walden H, Wong ML, Tataranni PA, Wagner A, DiPaoli A, Greenway F, Ozata M, Alvarado I, Licinio J. Effects of human leptin replacement on food intake and energy metabolism in three leptin-deficient adults. Presented at the 9th ICO meeting, Sao Paolo, Brazil.
48. Ravussin E, Williamson D, **de Jonge L**, Caglayan S, Thaw JM, Walden H, Wong ML, Tataranni PA, Wagner A, DiPaoli A, Greenway F, Ozata M, Alvarado I, Licinio J. Effects of human leptin replacement on food intake and energy metabolism in three leptin-deficient adults. Presented at the 2002 annual Endocrine Society Meetings, San Francisco, CA,
49. **de Jonge L**, Smith S, Most M, Rood J, Bray GA. Acute vs. chronic adaptation to a high-fat diet. Presented at the NAASO 2001 annual meeting, Québec, Canada.
50. Lovejoy JC, Most MM, Champagne CM, **de Jonge L**, Bray GA, Smith SR, Levevre M, DeLany JP, Denkins YM. Different fatty acids differentially affect hunger ratings in obese adults. Presented at the NAASO 2001 annual meeting, Québec, Canada.
51. **de Jonge L**, Frisard M, Blanchard D, Greenway F. Safety and efficacy of an herbal dietary supplement containing caffeine and ephedra for obesity treatment. Presented at the NAASO 2001 annual meeting, Québec, Canada.
52. Smith SR, **de Jonge L**, Bray DA. Peripheral infusions of human Corticotrophin Releasing Hormone (hCRH) activates thermogenesis and increases blood levels of IL-6. Presented at the NAASO 2001 annual meeting, Québec, Canada.
53. **de Jonge L**, Smith SR, Zachwieja JJ, Roy H, Bray GA. Prediction of energy expenditure in a whole body indirect calorimeter at both low and high levels of physical activity. Presented at the 11th European Congress on Obesity. May 2001, Vienna, Austria.
54. **de Jonge L**, Smith SR, Zachwieja JJ, Roy H, Bray GA. Prediction of energy expenditure in a whole body indirect calorimeter at both low and high levels of physical activity. Presented at the Calorimetry 2000 meeting. November 2000, Maastricht, The Netherlands
55. Smith SR, Pellymounter M, **de Jonge L**, Nguyen T, Harris R, York D, Redmann S, Rood J, Bray GA. Peripheral administration of human CRH increases energy expenditure and decreases respiratory quotient in-vivo in humans. Presented at the Annual NAASO conference, Long Beach, CA, October 2000.
56. **de Jonge L**, S. Smith, J. Zachwieja, G. Bray. Variability in fat intake does not affect fat balance under isocaloric conditions. Presented at the NAASO annual meeting. Long Beach, CA. October, 2000.
57. Greenway F, **de Jonge L**, Tucker E, Rood J, Smith S. Caffeine and ephedrine become more beta-3 selective with time. Presented at the Annual NAASO Meeting, Long Beach, CA, October, 2000.
58. Champagne CM, Lovejoy JC, Smith S R, **de Jonge, L**. Dietary intakes, energy expenditure, and body composition in perimenopausal women: Ethnic differences. American Dietetic Assoc. meeting. 2000
59. Bray G, Lovejoy J, Windhauser M, Smith S, Denkins Y, Peters J, Rood J, **de Jonge L**, Eldridge A, Volaufova J, Champagne C. Fat-reduced and fat-substituted diets have divergent effects on body fat: the OLE trial. Presented at the 10th European Congress on Obesity, Antwerp, Belgium.

60. Lovejoy JC, Champagne CM, Smith SR, **de Jonge L**. Ethnic differences in dietary intake and energy expenditure in perimenopausal women. Presented at the 10th European Congress on Obesity, Antwerp, Belgium.
61. **de Jonge L**, S. Smith, J. Zachwieja, G. Bray. Variability in fat intake does not affect fat balance under isocaloric conditions. Presented at the 10th European Congress on Obesity, Antwerp, Belgium.
62. Smith, S.R. Pellymounter, M., **de Jonge L**, Nguyen, T., Harris, R., York, D., Redmann, S., Rood, J, Bray, G.A. Peripheral administration of human Crh, but not ovine Crh, increases energy expenditure and decreases respiratory quotient in-vivo. Presented at the 10th European Congress on Obesity, Antwerp, Belgium.
63. **de Jonge L**, Smith S, Bray GA. Meal consistency does not influence the thermic effect of food (TEF). Presented at the NAASO Annual Meeting, Charleston, SC, 1999.
64. Lovejoy JC, Champagne CM, Smith SR, **de Jonge L**, Klemperer M. Ethnic differences in body composition and health risk factors in a population of perimenopausal women. Presented at the NAASO Annual Meeting, Charleston, SC, 1999.
65. Smith SR, Lovejoy JC, Greenway FL, Ryan DH, **de Jonge L**, de la Bretonne J, Bray GA. Body fat, visceral fat and deep abdominal subcutaneous adipose tissue; sexual dimorphism and relationships to the metabolic complications of obesity. Presented at the 9th European Congress on Obesity, Milan, 1999.
66. Roy H, Lovejoy J, Windhauser M, **de Jonge L**. Effect of one day of high or low glycemic index diet on energy expenditure and substrate oxidation in obese women. Presented at the Experimental Biology Conference, Washington, DC, 1999.
67. Lovejoy JC, Champagne CM, **de Jonge L**, Smith SR, Klemperer M, Hebert A. Energy expenditure, food intake and health risk factors in peri-menopausal women. Presented at the Experimental Biology Conference, Washington, DC, 1999.
68. Smith SR, **de Jonge L**, Zachwieja J, Roy H, Bray GA. Increased physical activity blunts the positive fat balance which occurs during the shift to a high fat diet. International Congress of Obesity. September 1998. Paris, France
69. **de Jonge L**, Zachwieja J, Smith SR, Roy H, Bray GA. Sleeping energy expenditure is elevated within 24 hours of an increase in physical activity with high fat but not low fat diets. International Congress of Obesity. September 1998. Paris, France
70. **de Jonge L**, S. Smith, J. Zachwieja, H. Roy. GA. Bray. Energy balance is related to carbohydrate balance but not to fat balance. NAASO annual meeting, November 1997, Cancun, Mexico
71. **de Jonge L**, S. Smith, J. Zachwieja, H. Roy. GA. Bray. Prediction of 24-hour energy expenditure in an indirect calorimeter at two levels of physical activity. NAASO annual meeting, November 1997, Cancun, Mexico
72. **de Jonge L**, Garrel D.R. Role of the autonomic nervous system in the thermogenic response to food. Experimental Biology 96. April 1996. Washington DC.
73. **de Jonge L**, Garrel D.R. Role of the sympathetic nervous system in the thermogenic response to feeding. FASEB Summer Conferences, August 1995. Copper Mountain, CO.
74. **de Jonge L**, Garrel D.R. Should the Harris and Benedict formulas be modified? FASEB annual meeting. April 1993. New Orleans, LA.
75. Houde-Nadeau M, **de Jonge L**, Garrel D. Thermogenic Response to Food: Intra-individual variability and measurement reliability. Congress of the American College of Nutrition, 1993
76. **de Jonge L**, Garrel D.R. Is there a defect in the thermogenic response to food in obesity? European Congress of Obesity. May 1992. Noordwijkerhout, The Netherlands.
77. **de Jonge L**, Agouès I, Garrel DR. Decreased thermogenic response to food with intragastric vs oral feeding. FASEB annual meeting April 1990. Washington DC.

## INVITED PRESENTATIONS

1. Department of Exercise and Nutrition Sciences. Milken Institute of Public Health, The George Washington University. New Developments in Metabolic Adaptation. March 8, 2019.
2. Nutrition and Health 2018. Metabolic Effects of Overfeeding and the Role of Protein on the Protection of Weight Gain. April 14, 2018.
3. College of Science, George Mason University, Graduate STEM Seminar Series. Metabolic Adaptation; Beyond Energy Balance. September 27, 2016.
4. Healthcare Technology Management 2015 Global Conference; Wearable activity trackers for weight management. Past, present and Future. April 8, 2015.
5. US-China Business Training Center. Nutrition Research Methods; From Research to Product. August 12, 2014.
6. NUTRIM, Maastricht University. Metabolic Adaptation; Beyond Energy Balance. November 4, 2013
7. Hogeschool van Amsterdam. Symposium 'Protein Intake and Body Composition'. Van eiwit word je niet dik' (protein does not make you fat). February 22, 2012.
8. NIDDK-Bethesda. 'Metabolic adaptation to long term energy imbalance. December 2009.
9. NIDDK-Phoenix Branch: Protein intake and overfeeding; The PROOF study. Methods and pitfalls. August 2009.
10. University of Texas at Brownsville Border Health Series. Protein intake and overfeeding; The PROOF study. April 2008.
11. RACMEM 2008, Denver CO. Best clinical practices for the measurement of RMR. February 5, 2008.
12. LSU Department of Kinesiology. Adaptation to a high fat diet: Effects of environment and physiology, February 17, 2007.
13. University of Montreal. Department of Nutrition seminar series. Adaptation to a high fat diet: Effects of environment and physiology, May 16, 2006.
14. University of Texas at Brownsville Border Health Series: Adaptation to a high fat diet: Effects of environment and physiology, March 3, 2006.
15. NIDDK-Phoenix Branch. Role of the autonomic nervous system in the Thermic Effect of Food in lean and obese individuals. May 1997.
16. ALFEDIAM, Iquluit, NU. Diabetes in Indigenous Population of Canada. May 1995.
17. Club de Recherche Clinique du Quebec. Thermogenese facultative chez des personnes obes (Facultative thermogenesis in obese individuals). September 1994.

## GRANTS

### Current

1. **Evaluating the Impact of Salad Bars on Dietary Consumption Patterns in Elementary School Children.** GMU-Principal Investigator (PI: Melanie Bean). *National Institute on Child Health and Development. 1R01HD098732-01 (2019-2023) \$2,997,807*

### Completed

1. **Nutrition MS Dietetics Track Expansion.** Co-Investigator. *GMU Curriculum Impact Grant. (2019-2020) \$34,600.*
2. **Child Health, Exercise, & Wellness Program (CHEW): a randomized controlled trial (RCT) to target early treatment for childhood obesity among Latino children.** Co-Principal Investigator. (PI: Sina Gallo). *American Society for Nutrition (2015-2016) \$5,000.00*
3. **Dining Hall and Menu Labeling - Mason Undergraduate Nutrition for Campus Health Project.** Co-investigator (PI: Margaret Slavin). *Provost's Multidisciplinary Research Initiative. \$35,000.00*



4. **Effects of Body Fat on Response to Dietary Fat.** Co-Principal Investigator. PI: George A Bray. *USDA Project Numbers 1996-34323-3031, 2003-34323-14010, 2005-34323-15741, 2008-34323-19029, 2009-34323-19892 (1996-2012).* \$457,703.52
5. **Bariatric surgery vs Very Low Calorie Diet (VLCD) as a weight loss treatment on markers of diabetes.** Co-Investigator. PI: Eric Ravussin. *Ethicon (2009-2012).* \$57,661.00
6. **Fat Cell Size, Overfeeding and Ectopic Fat.** Co-Investigator, PI: Eric Ravussin. *NIDDK Project Number 5R01DK060412 (2001-2011).* \$13,876.99
7. **Metabolic Adaptation after Two Years of Calorie Restriction in Non-Obese Humans.** Co-Investigator, PI: Eric Ravussin. *NIH Project Number 2 U01 AG022132 (2006-2011).* \$57,379.00
8. **Lateral hypothalamic area deep brain stimulation for refractory obesity: A pilot study.** PBRC Principal Investigator. PI: Donald Whiting. *West Virginia University. (2010).* \$2,229.00
9. **Efficacy of Dietary Methionine Restriction for Weight Loss and Improved Insulin Sensitivity in Humans with Metabolic Syndrome.** Co-Investigator. PI: Thomas W. Gettys. *Orentreich Foundation for Advancement of Science (2006-2010).* \$17,895.56
10. **Insulin Sensitivity in African American and Caucasian Children with Low Birth Weight.** Co-Investigator. PI: Melinda S. Sothorn. *NIH Project Number 5R01HD049046 (2005-2009).* \$12,277.92
11. **Effect of Regular Postpartum Exercise on Body Weight and Overall Fitness.** Co-Principal Investigator. PI: D. Enette Larson. *ACSM (2006-2008).* \$10,000
12. **Urinary C-peptide Excretion as an Index of Food Intake.** Principal Investigator. *Nutrition and Obesity Research Center, PBRC (2008).* \$10,000.
13. **Chromium, Cellular Energy Status and Whole Body Energy Balance.** Co-Investigator, PI: William T Cefalu, *NIH Project Numbers 5R21AT002995 (2005-2007).* \$34,498.15
14. **The Effects of Increased Dairy Intake on Energy Expenditure and Substrate Metabolism.** Principal Investigator. *Division of Health and Performance Enhancement, PBRC (2007).* \$10,000.
15. **Metabolic Adaptation after Six Months of Calorie Restriction in Non-Obese Humans.** Co-Principal Investigator, PI: Eric Ravussin. *NIH Project Number 5U01 AG020478 (2002-2005).* \$181,359.40

## RESEARCH CONTRACTS

Principal Investigator, Co-Principal Investigator and Co-Investigator on a number of pharmaceutical company and food industry-funded studies (25 in total) related to energy metabolism and food intake. The underlined contract is at GMU. Sponsors included:

### Food and nutraceutical studies:

- *Ajinomoto (2 contracts)*: Effects of natural and synthetic capsinoids on resting energy expenditure, substrate oxidation and cardiovascular parameters
- *American Phytotherapy Research Laboratory*: Effects of a globin digest on resting energy expenditure and satiety
- *Archer Daniels Midland (2 contracts)*: Effects of diacylglycerol supplementation on energy expenditure, lipid oxidation and lipid panels postprandially and over 24 hours
- *Blueberry Council*. Effects of blueberry extract on glucose metabolism
- *General Nutrition Corporation*: Effects of an herbal supplement containing pantothenic acid, green tea leaf, guarana, bitter orange, white willow bark extract; ginger root, and proprietary charge on weight loss and energy expenditure.
- *Kulli-kulli/Brassica Protection Products (BPP): Exercise Recovery Effects of Nutritional Supplements in Middle-Aged and Older Adults*
- *Labrada Nutrition*: Effects of Phenylephrine on energy expenditure and substrate oxidation
- *National Dairy Council*. Effects of adding 3 servings of dairy per day to the diet on energy expenditure, appetite and body composition
- *Proctor and Gamble (2 contracts)*: Effects of olestra on 24 hr substrate oxidation and the effects of replacing dietary fat with Olestra in overweight men on weight loss and cardiovascular risk factors
- *Roche (2 contracts)*: Effects of green tea and black tea on resting energy expenditure
- *Unilever*. Efficacy of Slimfast as a weight loss aid.

### Pharmaceutical studies:

- *Amylin*. Effects of 6 months of leptin and pramlintide on appetite and weight loss
- *Arena*. Effects of Lorcaserin on food intake, energy expenditure and weight loss
- *Bristol Myers Squibb (2 contracts)*. Effects of dapagliflozin on energy expenditure and glycemic control
- *Eli Lilly*. Determine if LY377604 + sibutramine will be more effective for obesity treatment than each component independently
- *Hollis-Eden*. Effects of HE 3286 on glucose control and inflammation
- *Neurocrine Biosciences*. Effects of oCRH and hCRH on energy expenditure, substrate oxidation and blood pressure in lean individuals
- *Pfizer*. Effects of fructose 1,6, biphosphatase on glycemic control
- *Takeda (2 contracts)*. Effects of a  $\beta$ -3 agonist on weight loss, energy expenditure and food intake

## **SERVICE AND OUTREACH ACTIVITIES**

### **PROFESSIONAL SERVICE**

- Loudoun County Pediatric Obesity Coalition. Member, 2015-.2020
- The Lunchroom Collective. Member, 2018-present.
- Healthy School Food Maryland. Advisory board member, subject matter expert for the Montgomery County School District. 2014-2020, 2022-present.
- Community Council of Northern Virginia. Grant reviewer. 2015-2018.
- Nederlandse Obesitas Vereniging (Dutch Obesity Patients Organization Quarterly Magazine): summarize scientific research papers into lay language for the magazine, 1999-2010.
- Member, Research Advisory Committee - Put Active Play in Every Child's Day: Louisiana's Report Card on Physical Activity & Health for Children and Youth (first annual report card for Louisiana), 2008.

### **PROFESSIONAL CONFERENCES**

- Session Chair – Recent Advances in Calorimetry and Measurements of Energy Metabolism (RACMEM), Fribourg, Switzerland, October 2017.
- Co-Organizer – Obesity and the Brain Scientific Symposium. NIDDK/NIH. March 22-23, 2012.
- Session Chair – Recent Advances in Calorimetry and Measurement of Energy Metabolism (RACMEM), Maastricht, The Netherlands, Nov. 2011
- Organizing Committee member –Louisiana's report card for children's physical activity and health conference. Pennington Biomedical Research Center, Baton Rouge LA. 2008-2009.
- Co-Organizer – Recent Advances in Calorimetry and Measurement of Energy Metabolism (RACMEM) 2008, Denver CO, Feb 2008.
- Session Chair – Recent Advances in Calorimetry and Measurement of Energy Metabolism (RACMEM) 2008, Denver CO, Feb 2008.
- Session Chair – Experimental Biology, San Diego, April, 2003.
- Local Organizing Committee member – International Congress on Nutrition, Montreal, PQ, July 1997.

### **AD HOC MANUSCRIPT REVIEWER**

- American Journal of Clinical Nutrition
- American Journal of Physiology
- Diabetes
- European Journal of Clinical Nutrition
- International Journal of Obesity
- JAMA
- Journal of Applied Physiology
- Journal of Nutrition
- Medicine and Science in Sports and Exercise
- Metabolism
- Nutrition & Dietetics
- Obesity
- Obesity Reviews

### **PROFESSIONAL ORGANIZATION MEMBERSHIPS**

- 2010 – present: American Nutrition Society
- 2000 – present: American Diabetes Association (regular member)

- 1996 – present: The Obesity Society (regular member)
- 2010 – 2020: American Academy of Sleep Medicine
- 2012 – present: Academy of Nutrition and Dietetics

### **CONSULTING ACTIVITIES**

- Virginia Department of Education: Office of Career, Technical, and Adult Education. Business and industry representative for the Nutrition and Wellness Curriculum Review. 2022-present.
- The Lunch Room Collective: Consultant on three grants from the Northern Virginia Health Foundation to Real Food for Kids. 2017–2020.
- Real Food for Kids: Consultant for the evaluation of elementary school-based nutrition education programs. 2014-present.
- National Institute of Standards and Technology. Advising on calculations for air quality in office buildings. (Investigator: Dr. Andrew Persily). 2013-present.
- Cosmed Inc: Advise on the adaptation of a metabolic cart for pediatric use, 2013
- Self Magazine: invited article on the role of calcium in fat metabolism, 2002
- General Mills: Consultant for protocol design for a study of the role of breakfast consumption on energy balance, 2001

### **RESEARCH AND SCIENCE OUTREACH**

- School Representative. Healthy School Food Maryland. 2014-2019.
- Member of Employee Wellness Committee. Pennington Biomedical Research Center. 2008-2010
- Women’s Wellness Day – Metabolism measurements, demonstrations and information. Pennington Biomedical Research Center. 1999-2006, 2008
- Men’s Wellness Day – Metabolism measurements, demonstrations and information. Pennington Biomedical Research Center. 2006-2008
- National Youth Leadership Forum – Introduction to biomedical research. 2004, 2005, 2006
- Capital Area YMCA Women’s Fitness Day - Metabolism measurements and information. 2003, 2005
- Women’s Wellness Day. Pennington Biomedical Research Center. Seminar: Gender differences in weight control. 2003
- Women’s Health Seminar Series. Pennington Biomedical Research Center. Seminar: Gender differences in weight control. 2002
- Women’s Wellness Seminar. Gender differences in energy and substrate metabolism. Pennington Biomedical Research Center. 2001
- Women’s Health Series Seminar. Gender differences in energy metabolism. Pennington Biomedical Research Center. 2000

### **UNIVERSITY SERVICE**

- University
  - University Appeal Committee (April 2023)
  - URSP Program Review Committee. March 2021-Present.
  - Research Administration Academic Representatives Committee. CHHS representative. January 2021-2023.
  - URSP abstract reviewer. May 2020-present
  - Career Day Organizing Committee, 2015-2018

- College of Health and Human Services, George Mason University, Fairfax VA.
  - Athletic Training Taskforce. January 2024-present
  - Search Committee, Department Chair Nutrition and Food Studies. August 2023-present.
  - CPH Accreditation Committee. Department representative. January 2023-present.
  - CHHS IDIA Strategic Planning TF. Department representative. May-December 2021
  - Faculty Annual Evaluation Committee. Member. January 2021-May 2022
  - Search committee (chair), Term faculty. Department of Nutrition and Food Studies. September 2021-2023.
  - Search committee, Tenure-track faculty. Department of Nutrition and Food Studies. September 2020-May 2021.
  - Search committee, Post-doctoral fellow. Health Starts Here Study. May 2020-August 2020
  - Search committee, Clinical research coordinator. CHHS Public Health Clinic. October 2019-December 2019.
  - Celebration of Scholarship Committee abstract reviewer. 2019-2020
  - Department of Nutrition representative for the GPAC. 2018-present
  - Search committee, Assistant to the Associate Dean for Academic Affairs. April 2019-August 2019.
  - School of Public Health Working Group. 2018-2020.
  - Celebration of Scholarship Committee. 2018-present.
  - Curriculum Committee. 2015-present (Committee Chair September 2018-May 2022)
  - Academic Program Review Committee, Department of Nutrition and Food Studies. November 2017-present
  - CHHS Grievance Committee. 2015-present (Committee Chair August 2022)
  - Search committee, Department Chair for the Department of Nutrition and Food Studies. December 2017-August 2018.
  - Search committee for 2 faculty searches, Department of Nutrition and Food Studies.
  - Grievance Committee, 2015-present.
- Lexington Network for the Study of America, Faculty of Law and Political Sciences, University of Liege, Belgium. Board member, 2005-2011
- Pennington Biomedical Research Center Employee Wellness Committee. 2007-2010
- LSU Academic Convocation, 2004, 2006-2009.
- LSU Study Abroad Program Placement Committee, 2005-2008
- Pennington Biomedical Research Center Office for International Employees – developed handbook for international employees, 1997-1998

## **COMMUNITY SERVICE**

- Advocacy Leader. Ovarian Cancer Research Alliance. 2023-present
- Science Fair coordinator. Rosemont Elementary School. Gaithersburg MD. 2017-2019.
- PTA board member. Rosemont Elementary School. Gaithersburg MD. Sept 2014-Dec 2014.
- Teach 'Calories' to second graders. Rosemont Elementary School. Gaithersburg MD. November 2013. October 2015.
- Rosemont Elementary School Science Fair Judge. 2013, 2014, 2015
- Community Health Fair organizer. Epworth United Methodist Church. Gaithersburg MD. October 26, 2013.
- American Heart Association. Company Leader for the Capital City Area Heart Walk, 2007-2010.
- Louisiana Regional and State Science Fair Judge, 1999, 2000, 2001, 2003, 2007, 2008.
- Rape Crisis Center of Baton Rouge. Phone and Support Volunteer. 2000-2007

- American Red Cross
  - Member, Disaster Action Team, 2001-2003
  - Captain, Disaster Action Team, 2003-2009
  - Hurricane Response – Baton Rouge Emergency Operating Center Liaison, Shelter Operations and Staffing, 2002 (Hurricane Lili), 2004 (Hurricane Ivan), 2005 (Hurricanes Dennis and Katrina)

## **RECOGNITION**

- Recognized for career advice. GMU career services. 2023
- Nomination for 2019 Best Paper Award by the Journal 'Cells'.
- GMU. Nominated for Teacher of Excellence award. 2018
- Poster of Distinction. Bio-behavioral Section of the Obesity Society. Obesity Week 2016.
- GMU. Nominated for Outstanding Mentor award. 2016
- Distinction in Scholarship Award. American Physiology Association 2015.
- NIDDK Directors Award, National Institute of Diabetes and Digestive and Kidney Diseases, NIH. 2012.
- President, Foreign Student Association. School of Medicine. University of Montreal. Academic year 1994-1995.
- Foreign Student Award. Academic year 1993-1994. University of Montreal
- Prize of Excellence for Graduate Students. Academic year 1993-1994. Medical faculty of the University of Montreal
- President, Graduate Student Association, Department of Nutrition, University of Montreal. Academic year 1993-1994.
- Prize of Excellence for Graduate Students. Academic year 1992-1993. Medical faculty of the University of Montreal.
- Foreign Student Award. Academic year 1992-1993. University of Montreal.

## **LANGUAGES**

- Dutch (mother tongue)
- English (fluent in speaking, reading and writing)
- French (fluent in speaking, reading and writing)
- German (proficient in speaking and reading, basic proficiency in writing)