

## CURRICULUM VITA

*Name* Kathryn Kolasa, PhD, RDN, LDN

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*Work* Brody School of Medicine at East Carolina University  
Affiliate Faculty, Volunteer  
Professor Emeritus, Department of Family Medicine  
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**Education**

B.S. 1970  
Michigan State University. Home Economics with Communication Arts.

Ph.D. 1974  
University of Tennessee, Knoxville, TN. Food Science.

1985  
Center for Creative Leadership, Greensboro, NC. Leadership Development Program.

1987  
Ketchum Communications, Inc., New York. Internship in Public Relations.

1985-1988  
Kellogg National Leadership Fellowship Program. Organized program in leadership development. Independent learning in media for education; public relations; and communications research.

**Professional Experience**

7/13-  
Professor Emeritus, East Carolina University. Volunteer Affiliate Faculty; Consultant: Vidant Health

10/86-6/13  
Professor of Nutrition; Section Head, Nutrition Services and Patient Education, Brody School of Medicine at East Carolina University, Department of Family Medicine, Greenville, NC; Member, Graduate Faculty. Post Tenure Review February 1999 and February 2004: "Exemplary". Named a Brody School of Medicine "Master Educator", December 2001. Professor, Department of Pediatrics (2003-2013). Professor, Department of Nutrition Science (2012-2013). Consultant. Vidant Health (formerly University Health Systems of Eastern Carolina) Nutrition Initiative (2004- ) Graduate Faculty (1983-2013.) Retired.

7/01 – 7/07  
Adjunct Professor, North Carolina State University, Adult and Continuing College Education, Raleigh, NC

9/95-7/00  
Section Head, Resident Education, Family Medicine, Nutrition Education and Services, East Carolina University, Department of Family Medicine, Greenville, NC

7/89-6/92

Co-Director, Pitt County Adolescent Health Project. Major funding from Kellogg Foundation.

8/84-10/86

Chairperson and Professor; Department of Food, Nutrition, and Institution Management; School of Home Economics; also Adjunct Associate Professor, Department of Family Medicine, East Carolina University; Graduate Faculty; also Adjunct Professor, Michigan State University, Department of Food Science and Human Nutrition.

12/82-7/84

Chairperson and Associate Professor; Department of Food, Nutrition, and Institution Management; School of Home Economics; also Adjunct Associate Professor, East Carolina University, Department of Family Medicine; also Adjunct Professor, Michigan State University, Department of Food Science and Human Nutrition.

1979-82

Associate Professor, Department of Food Science and Human Nutrition; and also of Community Health Science; Colleges of Agriculture, Human Ecology, Human Medicine and Osteopathic Medicine, Michigan State University, East Lansing, MI.

1979-81; 1991

National Science Foundation Chautauqua Short Course, Director: American Food and Nutrition Hassles.

1974-79

Assistant Professor, Michigan State University, East Lansing, MI.

1973-74

Instructor, Department of Food Science and Food Systems Administration, University of Tennessee, Knoxville, TN.

1971

Test Kitchen Home Economist, The Kellogg Co., Battle Creek, MI.

### **Licensure**

1992 – Present North Carolina Board of Dietetics/Nutrition (LDN)

### **Memberships and Offices Held in Professional Organizations**

Society for Nutrition Education - Board of Directors 1979-81, 83-86; President 1984-85; Past President Council, 1986-Present; member 1972-Present

Registered Dietitian; Academy of Nutrition and Dietetics--formerly American Dietetic Association (1983-present); Chair Elect/Chair/Past, Dietetic Practice Group of Educators of Health Professionals 1991-93; Newsletter Editor 1996-97. Representative to Institute of Medicine Global Forum on Innovations in Health Professions Education.

American Society for Nutrition. 2006-present. Formerly American Society for Nutritional Sciences (AIN) - Full member 1976-2005 and American Society for Clinical Nutrition - Full member 1986-2005.

American College of Nutrition. Elected to membership 2001.

Institute of Food Technologists - Professional member 1974-1995

North Carolina and also Eastern District Dietetic Association 1983-Present; Media Representative East Region 1996-2006.

Society for Teachers of Family Medicine 1986-2006; Co-chair Working Group on Nutrition, 1996-2002.

American Association of Cancer Education 1995-1999

**Honors**

2013 Women of Distinction, East Carolina University  
 2011, 2012, 2013, 2014 Servire Society, East Carolina University  
 2010 American Dietetic Association Medallion Award  
 2010 NC Prevention Partners. 2010 Jim Long Achievement Award for Individual Prevention Excellence.  
 2009 College of Human Ecology Legacy of Leadership Award, East Carolina University;  
 2009. Pitt Memorial Hospital Foundation, Community Benefits Program. Recognition of Service.  
 2008 The Centennial Award for Excellence, Service. East Carolina University.  
 2007-2008 Department of Nutrition and Dietetics, East Carolina University College of Human Ecology, "Outstanding Friend".  
 2006 Community Hero. Pitt Partners for Health; "Friend of Child Nutrition", Pitt County Schools.  
 2002 Board of Governors Distinguished Professor for Teaching Award, East Carolina University.  
 2001 Master Educator. Brody School of Medicine, East Carolina University  
 2000 Dannon Institute Award for Excellence in Medical/Dental Nutrition Education, Am. Soc. Clin. Nutrition.  
 1998 Nutrition Educators of Health Professionals. Outstanding Educator Award. Soc Teach Fam Med and Am. Dietetic Association.  
 1997 University of Tennessee, Knoxville, College of Human Ecology, Centennial Leader.  
 1996 Michigan State University, College of Human Ecology, Centennial Alumnus.  
 1997, 1999. East Carolina University Family Medicine Outstanding Educational Project.  
 1995 Career Achievement Award, Society of Nutrition Education.  
 1995 Nutrition Action Award for "Homeplate," 1995. NC 1995 Extension Education Award for Homeplate.  
 1995 Selected Emerging Leader of the South, Lamar Society.  
 1985-88. National Kellogg Leadership Fellowship.  
 1986 Sigma XI; Outstanding Alumni, Michigan State University, College of Human Ecology.  
 1987 Proud Visiting Professor, Cornell University, April 1987.  
 1970s: Alpha Lambda Delta Honorary; Michigan State University Tower Guard Honorary; Phi Kappa Phi (1971); Omicron Nu

*(Listed in):* Outstanding Young Women of America (multiple editions starting in 1976) American Men and Women in Science (multiple editions starting in 1979). Roster of Women Based in the U.S., U.S. AID 1979, 1981, 1991; International Who's Who in Education, 1980; Who's Who in the South and Southwest (multiple editions starting with 19<sup>th</sup>); Directory of Distinguished Americans, 1984/85; Dictionary of International Biography, 1986; Foremost Women in the 20th Century, 1986; United Nations University International Food and Nutrition Directory, 1986; Who's Who of Emerging Leaders in America, 1987; Who's Who In America (multiple editions starting with 45<sup>th</sup>); Who's Who of American Women (multiple editions starting with 17<sup>th</sup>); Who's Who in Science and Engineering, 1st and 2nd ed.; International Who's Who of Professional & Business Women (multiple editions starting with 3<sup>rd</sup>); First Who's Who in Medicine and Healthcare; Nominated Woman of Year, 1997 (ABI); 500 Notable Women; 2002; The Roll of Honor of the Polish Science.

**Publications**

Carraway-Stage V, Diaz SR, Kolasa KM, Duffrin M. Knowledge in Mathematics and Science is Predictive of Nutrition Knowledge among Fourth Grade Students Exposed to a Food-based Curriculum. In preparation.

Taft N, Collier D, Tanenberg R, Kolasa KM. Sweet tea. Nutrition Today. In press.

Eliot KA, Kolasa KM. The need for Interprofessional collaborative-ready nutrition and dietetics practitioners. JAND. In press.

Keen S, Craven K, Kolasa KM. Nutrition strategies for patients on new incretin therapies for type 2 diabetes. Nutrition Today. Accepted and in Press. 2014.

Craven K, Schmidt S, Kolasa KM. Obesity Counseling Experience for Third Year Medical Students. MedEdPORTAL; 2014. Available from: [www.mededportal.org/publication/9872](http://www.mededportal.org/publication/9872)

- Kolasa K, Daugherty J, Craven K. Introduction to Nutrition Assessment and Counseling in the Outpatient Setting. MedEdPORTAL; 2014. Available from: [www.mededportal.org/publication/9848](http://www.mededportal.org/publication/9848)
- Webb Corbett R, Kolasa KM. Weight gain in pregnancy: the role of pica practice. *Nutrition Today*. 2014;49(3):101-108.
- Dunn C, Whetstone LM, Kolasa KM, Jayaratne K.S.U. (Jay), Thomas C, Aggarwal S, Nordby K, Riley KE. Using synchronous distance-education technology to deliver a weight management intervention. *JNEB*. 2014; <http://dx.doi.org/10.1016/j.jneb.2014.06.001>
- Murphy G, Kolasa KM, Perrin EM, Armstrong S, Anstrom K, Strickland W, Vodicka S, Collier D, Silberberg M, Mayhew M, Edwards-Carter L. In4 Kids: Can Registered Dietitians Improve Children's Health Behaviors and Weight? In revision.
- Craven K, Keen S, Kolasa KM. Obesity Counseling Experience for Third Year Medical Students Educator's Resource. In Press. 2014.
- Craven K, Keen S, Kolasa KM. Nutrition for athletic youth with weight concerns. Chron's disease and disordered eating cases. *Nutrition Today*. 2014;49(2):57-67.
- Henes ST, Hickner R C, Houmard JA, Cummings DM, Kolasa KM, Lazorick S, Collier DN. Comparison of predictive equations and measured resting energy expenditure among obese youth attending a Pediatric Healthy Weight Clinic: one size does not fit all. *Nutrition in Clinical Practice*. 2013;28:617. DOI.1177/0884533613497237. <http://ncp.sagepub.com/content/28/5/617>.
- Schmidt S, Rice A, Kolasa KM. Teaching by example—Educating medical students through a weight management experience. *Family Medicine*. 2013;45(8):572-575.
- Firnhaber J, Kolasa KM. "Fish Out of Water: An appraisal of the current evidence addressing the role of omega-3 fatty acids in disease prevention and treatment" *Nutrition Today*. 2013;48(6):245-250.
- Dunn C, Whetstone LM, Kolasa, KM, Jayaratne KSU, Thomas C, Aggarwal S, Herget C. Delivering a behavior-change weight management program to state employees in North Carolina. *Am J Health Promotion*. 2013;27(6):378-383.
- Gaskins S, Kolasa K, Simmons RA, Njuguna N, White A. Creating Vidant's healthy food environment. *Topics in Clinical Nutrition*. 2013; 28(2):189-199.
- Peery A, Firnhaber G, Kolasa KM. Evidence-based life-style strategies to improve health of shift workers. *Nutrition Today*. 2013; 48(3):119-126.
- Craven K, Bane S, Kolasa KM. The DANCE-- Minimizing weight gain with improved blood glucose control. *Nutrition Today*. 2013; 48(1):19-25.
- Taft N, Collier DN, Kolasa KM. Applying childhood obesity and cardiovascular health risk reduction guidelines--family centered nutrition intervention. *Nutrition Today*. 2012; 47(5):229-242.
- Whetstone LM, Kolasa KM, Collier D. Participation in community-originated interventions is associated with positive changes in weight status and health behaviors in youth. *Am J Health Promotion*. 2012; 27(1):10-16.
- Kolasa KM, Firnhaber, GC. 13 tips for surviving the 12 hours shift. *Nursing 2012 Critical Care*. 2012; 7(4); 36-40. [www.nursingcriticalcare.com](http://www.nursingcriticalcare.com)
- Kolasa KM, Sollid K, Edge-Smith M, Bouchoux A. Blood pressure management: Communicating comprehensive lifestyle strategies beyond sodium. *Nutrition Today*. 2012; 47(4):183-190.

Peery A, Kolasa KM. Mini Med School: Developing partnerships with the community between health professions and students. *J Community Engagement and Scholarship*. 2012; 4(2). <http://jces.ua.edu/vol-4-no-2-journal-of-community-engagement-and-scholarship-page-61-mini-med-school-developing-partnerships-with-the-community-and-between-health-professions-and-students/>. Accessed July 5, 2012.

Firnhaber J, Kolasa K. Does diet have a connection with asthma? *Nutrition Today*. 2011; 47(2):58-62.

Firnhaber J, Kolasa KM. A pilot study of training Family Medicine residents in procedural skills at a community health center. *Fam Med*. 2012;44(3):202-204

Silberberg M, Carter-Edwards L, Murphy G, Mayhew M, Kolasa KM, Perrin EM, Armstrong S, Graham C, Menon N. Treating pediatric obesity in the primary care setting to prevent chronic disease: perceptions and knowledge of providers and staff. *NC Medical J*. 2012; 73(1):9-14.

Kolasa KM. Personal weight management activity for third year medical students. *Educator's Resource*. 2011; 68(2):3-6.

Collier DN, Crawford Y, Kolasa KM. Healthy lifestyle camp: Take Off 4 Health. Letter to Editor. *Childhood Obesity*. 2011; 7(2):129-131.

Cao Q, Kolasa KM. Gut Check: Find the effective dietary approach. *Nutrition Today*. 2011; 46 (4):171-177.

Kolasa KM, Thornhill A. NC Prevention Partners' Healthy Hospital Program. Letter to editor. *Topics in Clinical Nutrition*. April/June 2011 (26): 95. DOI: 10.1097/TIN.Ob013e3182193265

Dunn C, Kolasa KM, Vodicka S, Schneider L, Thomas C, Smith C, Lackey C. Eat Smart, Move More, Weigh Less a weight management program for adults—revision of curriculum based on first year pilot. *J Extension*. 2011;49(6):6TOT9. [www.joe.org](http://www.joe.org)

Kolasa KM, Firnhaber G. Surviving 12 hour shifts: Nutrition, hydration and sleep for the long haul. *Nursing* 2011. 41(12), 55-60. doi:10.1097/01.NURSE.0000407679.19754.52

Whetstone L, Kolasa KM, Dunn C, Jayaratne KSU, Vodicka S, Schneider L, Thomas C, Vanstaveren M, Aggarwal S, Lackey CJ. Effects of a behavior-based weight management program delivered through a state cooperative extension and local public health department network, North Carolina, 2008-2009. *Prev Chronic Dis* 2011; 8(4):A81. [http://www.cdc.gov/pcd/issues/2011/jul/10\\_0160.htm](http://www.cdc.gov/pcd/issues/2011/jul/10_0160.htm).

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Lee TJ, Kolasa KM. Feeding the person with late stage Alzheimer's Disease. *Nutrition Today*. 2011; 46(2):75-79.

Craven K, Moore J, Swart AS, Keene A, Kolasa KM. School based nutrition education intervention, effect on achieving a healthy weight among overweight 9<sup>th</sup> grade students. *Journal of Public Health Management & Practice*. 2011; 17(2):141-148.

Craven K, Messenger J, Kolasa K. What dietitians should know about medical nutrition therapy and pharmacotherapy for type 2 diabetes? *Nutrition Today*. 2010; 45(6):240-24.

Kolasa KM, Daugherty JE, Collier DN. Putting childhood obesity guidelines into practice. *Clinical Nutrition Insights*. 2010; 36(7):73-77.

Harris NG, Briley A, Collier D, Dunn C, Crawford Y, Henes S, Kinner S, Kolasa KM, Lutes L, Scripture L. Take Off 4-Health: Innovative strategies to improve wellness in adolescents. *J Am Dietet Assoc*. 2010 (supplement 2): A-91

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- Kolasa KM, Collier DN, Cable K. Weight loss strategies that really work. *J Fam Practice.* 2010; 59(7):378-385. Also [jfonline.com](http://jfonline.com).
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- Dunn Carolyn, Kolasa KM, Vodicka S, Schneider L, Thomas C, Smith C, Lackey CJ. Eat Smart, Move More, and Weigh Less: A weight management program for adults. *J. Extension.* 2010; 48(1): article number 1T) T1. [www.joe.org](http://www.joe.org)
- Henes ST, Collier DN, Morrissey SL, Cummings DM, Kolasa KM. Medical Nutrition Therapy for overweight youth in their Medical Home.: The KIDPOWER Experience. *Patient Education and Counseling.* 2009, doi:10.1016/j.pec.2009.11.011. In Print 2010.81:43-46.
- Kolasa KM, Lackey CJ, Grandjean AC. Hydration and health. *Nutrition Today.* 2009; 44(5):190-201.
- Osayande A, Watson R, Kolasa K, Blevins A. How should you manage an overweight breastfed infant? *J Fam Pract.* 2009; 58(6):331a-331b. Also online [www.jfonline.com](http://www.jfonline.com)
- Cummings DM, Henes S, Kolasa KM, Olsson J, Collier D. Insulin Resistance status: Predicting weight response in overweight children. *Archives Peds and Adol. Med.* 2008; 162(8):1-5.
- Kolasa K, Currie R, Dial J, Gaskins S, Simmons RA. Pitt County Memorial Hospital plays a role in the "Eat Smart Move More North Carolina" Movement. Pages 52-60. *Perspectives in Patient Care 2009.* Greenville, NC: Pitt County Memorial Hospital <http://hdl.handle.net/10342/3681>
- Rawl R, Kolasa K, Lee J, Whetstone L. A Learn and Serve nutrition program: The Food Literacy Partners Program. *J Nutrition Education and Behavior.* 2008.40(1):49-51.
- Kolasa KM, Gaskins S, Dial J, Holliday A, Currie R, Robertson R. Healthy Hospital Food Environment: The PCMH Story. *Perspectives on Patient Care. A Multidisciplinary Publication of Pitt County Memorial Hospital.* 2007; 20:44-54. URL: <http://hdl.handle.net/10342/3684>
- Crawford Y, Kolasa KM. Help for children challenged by their weight. *Perspectives on Patient Care. A Multidisciplinary Publication of Pitt County Memorial Hospital.* 2006; 20:14-15
- Kolasa KM, Lackey CJ, and Weismiller D. Hydration and disease: Answering the Clinical Question. *J Am College of Nutrition.* 2007; 26:570s-574s.
- Rawl R, Kolasa K, Daugherty J, Lackey C. The Logic Model as a framework for community program evaluations: The Food Literacy Partners Program. *Fam Med.* 2006 (Nov/Dec):690-691.
- Kolasa K, Lackey C, McNutt K. An evidence based approach to interpreting science on food, nutrition and healthy. *Nutrition Update.* Autumn 2006. Accessed September 26, 2006. <http://www.kdraftfoods.com/KraftNutrition/ArticleForProfessionals.htm>.
- Kolasa KM, Craven K, Henes S, Sullivan C. The clinical nutrition implications of obesity and overweight.

Commentary. *NC Med J.* 2006; 67(4):283-287.

Sullivan CS, Logan J, Kolasa KM. Nutrition and gastric bypass. *Nutrition Today* 2006;41(4):207-214.

Kolasa KM. Strategies to enhance effectiveness of individual based nutrition communication. 4<sup>th</sup> Heelsum Nutrition and Family Medicine conference. *European J Clinical Nutr.* 2005; 59(8):s24-30.

Kolasa KM and Deen D (editors) *Physician's Curriculum in Clinical Nutrition: Primary Care.* Leawood, KS: Society for Teachers of Family Medicine. August 2005, 2007. Available in Family Medicine Digital Resource Library. [www.fmdrl.org](http://www.fmdrl.org) Also available on AAMC's on line resource

Dunn C, Caldwell D, Thaxton S, Andersen K, Hoggard L, Thomas C, Kolasa KM. Healthy Foods in Schools.... One state's voluntary response: North Carolina's Eat Smart Standards For All Foods Available In School. *Nutrition Today.* 2005; 40(4):176-188.

Sullivan CS, Beste J, Cummings D, Hester VH, Holbrook T, Kolasa KM, Morrissey S, Olsson JP, Gutai JP. Prevalence of hyperinsulinemia and clinical correlates in overweight children referred for lifestyle intervention. *J Am Dietet A.* 2004; 104(3):433-436

Lackey CJ, Kolasa KM. "Healthy Eating": Defining the nutrient quality of foods. *Nutrition Today.* 2004; 39(1): 26-29.

Dawson BC, Borre KS, Wilson JL, Kolasa KM. Macronutrients and pediatric obesity (letter to the editor). *Family Medicine.* 2004; 36(1):10.

JNC Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (full report). *Hypertension.* December 2003.  
<http://hyper.ahajournals.org/cgi/content/full/42/6/1206>

National High Blood Pressure Education Committee Writing Committee. *JNC Express. The Seventh Report of the Joint Committee Recommendations for the Identification, Treatment and Control of High Blood Pressure.* NIH Publication No. 03-5233. <http://nhlbi.nih.gov>. and *J Am Med A.* 2003.

Kolasa KM. Summary of the Guidelines for Prevention and Treatment of High Blood Pressure. *J Nutrition Education and Behavior.* 2003; 35(5):226-227.

Kolasa KM, Gaston NW, Gallagher ML, Gaston N. The ABCs of the Dietary Guidelines for Americans, 2000: Experience with an online continuing education course. *Nutrition Today.* 2003; 38(6):232-235

Deen D, Spencer E, Kolasa K. Nutrition education in Family Practice Residency Programs. *Fam Medicine.* 2003; 35(2): 105-111.

Kolasa KM. Weight and abdominal fat distribution in menopausal women. *Clinics in Family Practice. Menopause.* Weismiller D (ed). 2002; 4(1): 41-52.

Kolasa KM, Peery A, Harris N, Shovelin K. Food literacy partners program: a strategy to increase community food literacy. *Topics in Clinical Nutrition.* 2001;16(4): 1-10.

Kolasa KM, Daugherty JE, Jobe AC, Miller MG. Virtual Seminars for Medical Education: A Case Study. *J Nutr Educ.* 2001; 33(6): 347-351.

Kolasa KM. Curriculum for primary care physicians. *Graduate GEM. Educator's Resources.* 2002; 43:5, 11.

Kolasa KM and Deen D (editors) *Physician's Curriculum in Clinical Nutrition: Primary Care.* Leawood, KS: Society for Teachers of Family Medicine, December 2001.

- Kolasa KM. Images of nutrition in medical education and primary care. *Am J Clinical Nutrition* 2001; 73:1006-1009.
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- Kolasa KM. Patient education materials.what do we provide? *Graduate Gems. Educator's Resource.* 2000; 37:8.
- Kolasa KM. Training Table. *Alphabet Soup. Olympic Coach.* 2000; 10(1): 11-12.
- Kolasa KM. Alphabet soup. *Strength and Conditioning J.* 2000; 22(1) 1:30-31.
- Kolasa KM. Evidence based medicine: what it is and how does a dietitian use it? *Topics in Clinical Nutrition.* 2000; 15(4): 19-30; 2001.
- Peery AI, Darrow M, Lilley SH, Kolasa KM. Including nutrition in an ambulatory care path for patients with Type 2 Diabetes. *Nutrition in Clinical Care.* 2000; 3(6): 371-379.
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- Kolasa KM, Jobe AC, Daugherty JE. Virtual Seminars for Medical Education. Letter to Editor. *Family Medicine.* 2000; 32(7): 450-451.
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- Kolasa KM, Jobe AC, Miller MG, Clay M. Teaching medical students cancer risk reduction using the multimedia program: Images of Cancer Prevention. *Fam Med.* 1999;31:200-204.
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Kolasa KM, Poehlman G. Bringing sunshine--and vitamin D to the elderly (Letter). *Patient Care.* 1997; 31(5): 32.

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Kolasa K., Miller M. Computer technology for nutrition education. *Food and Agriculture.* 1996 ;( 16): 12-16.

Kolasa K, Miller M. New developments in nutrition education using computer technology. *J Nutr Educ.*1996;( 28): 7-14.

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Lansing D, Kolasa K. Applying a new model, principles and process in nutrition intervention partnerships. *J Am Dietet A.* 1996; 96:806-809.

Kolasa K, Elesha-Adams ME, Patton D. When a reporter calls...media training to teach nutrition and patient education. *Topics in Clin Nutr.* 1996; 11(4): 75-80.

Kolasa KM, Miller M. Using computers in nutrition education. *Food, Nutrition and Agriculture.* 1996; 16:7-13

Kolasa K, Lasswell A. Dietitian as medical educator. *Topics in Clin Nutr.* 1995; 10(3): 20-28.

Kolasa K, Mitchell J, Jobe A. Food behaviors of southern rural community living elderly. *Archives of Fam. Med.* 1995;4(10):844-848.

Horner RD, Kolasa KM, Irons T. Racial differences in rural adults' attitudes on adolescent health and sexuality following a 3-year adolescent health promotion campaign. *Health Values.* 1995; 19(3): 5-11.

Franklin T, Kolasa KM, Griffin K, Mayo C, Badenhop DT. Adherence to a very low fat diet by a group of cardiac Rehabilitation patients in the rural southeast U.S. *Archives Fam Med.* 1995; 4:551-554.

Kolasa K, Horner R, Wilson K, Irons T, Black C, Causby V. Community Perceptions of Adolescent Health and Sexuality. *Arch Pediatric & Adolescent Medicine.* 1995; 149(6): 611-614.

Dunn PC, Lackey CJ, Kolasa K, Mustian RD. Nutrition education interests of parents of 5-8-year-old children. *J. Nutr Educ.* 1994; 26(6): 1-3.

Dunn C, Kolasa K, Dunn PC, Ogle MB. Dietary intake and weight gain of pregnant adolescents in a rural southern community. *J Am Diet Assoc.* 1994; 94:1040-1041.

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Kolasa K. Commercial weight loss systems. NC Ag Extension In-service. Raleigh, NC. Nov. 1989.

From 1983-1988 more than 30 other presentations. From 1973-1983 more than 37 other presentations. Numerous presentations to local regional and state professional and lay groups. From 1970-Present numerous television talk shows, including several states media tours. From 1983-present numerous Continuing Medical Education (CME), Grand Rounds and Noon Conferences in Eastern North Carolina and nationally. Listing available on request.

### **Books**

Kolasa KM, Deen D. (eds). Physician Curriculum in Clinical Nutrition. 3<sup>rd</sup> ed. Soc Teach Fam Med. Kansas City, MO. November, 2001. Updated November 2002. <http://stfm.org> Available at MedEdPortal <https://www.mededportal.org/publication/159>

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Kolasa KM. " Obesity in adolescents." Encyclopedia of Lifestyle Medicine and Health. Ed. James M Rippe, MD. Thousand Oaks, CA: SAGE, 2012. 2021-35. Sage Reference Online. Web. 12. Mar. 2012

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Kolasa KM. Nutrition education programs for professionals. Britten P (ed). In: The Nutrition Idea Book. Innovative Nutrition Education Strategies and Resources for Many Audiences and Settings. Society for Nutrition Education. Chapter 10. Pages 227-230.

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Gaskins S, Kolasa K. Healthy Food Environment. Vendor Toolkit. Guidelines for Proving Healthy Foods and Beverages at Company Sponsored Events. Vidant Health, Greenville NC. 2012 <http://hdl.handle.net/10342/3924>

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- Kolasa KM, Levine G, Firnhaber J, Dunn B, Atkins B, Cunningham P, Skinner T, Rickett K. Media Training and Social Networking In Practice Management. Curriculum. Submitted to MedEdPortal 12.22.2011.
- Kolasa KM, Henes S (editors). Achieving Healthy Weight for Children: MNT Protocol and Handouts. 2009. 4<sup>th</sup> Edition. Published on [www.edu.edu/pedsweightcenter](http://www.edu.edu/pedsweightcenter). Also available on [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com) and [nichq.org](http://nichq.org)
- Healthy Living Curriculum Enhancement. Nutrition and Physical Activity. Published on [www.viquest.com](http://www.viquest.com) March 2009
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- Expert Panel. Toolkit for the Identification and Management of Childhood Overweight and Obesity in North Carolina. [www.eatsmartmovemorenc.com/programs\\_tools/PediatricObesityTools.html](http://www.eatsmartmovemorenc.com/programs_tools/PediatricObesityTools.html) July 2008. Also found at [www.nichq.org](http://www.nichq.org)
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- Kolasa KM. Childhood Obesity I. Clinical Evaluation and Treatment. Program #793. Video for the Network for Continuing Medical Education, Secaucus, NJ, Released Jan 31, 2002.
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- Kolasa K. Foodways of Selected Mothers and Daughters in East Tennessee. PhD. Dissertation. Univ. Tennessee, Knoxville, 1974.

### Reviews

- Kolasa KM. "Nutrition in the Prevention and Treatment of Abdominal Obesity" (New Resources for Nutrition Educators). J Nutr Educ Behav. In press.
- Lackey CJ, Kolasa KM. Technical editors. Higher Education FoodMaster. Using Food to Teach Mathematics and Science Skills. Duffrin MW, Carraway-Stage V. [www.foodmaster.org](http://www.foodmaster.org)
- Levine K, Kolasa KM. The Great Cholesterol Myth. Educator's Resource. 2013;70(2):6-11.
- Carlson J, Kolasa KM. The Health Professional's Guide to Food Allergies and Intolerances. (New Resources for Nutrition Educators). J Nutr Educ Behav. 2013;45:\*:e1.

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Healthy Eating, Healthy Weight for Kids and Teens. (New Resources for Nutrition Educators). J Nutr Educ Behav. 2012; 44:472.e5

Kolasa KM. Inspiring and Supporting Behavior Change, A Food and Nutrition Professional's Counseling Guide. (New Resources for Nutrition Educators). J Nutr Educ Behav. 2012; 44:387.e3

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Kolasa KM, Craven KW. Food Hypersensitivity. Book Review. J Nutr Educ and Behavior. 2010; 42:142e1.

Kolasa KM. Handbook of Nutrition and Pregnancy. Book Review. J Nutr Educ and Behavior. 2009. 41(4):305.

Henes S, Kolasa KM. A Parent's Guide to Childhood Obesity: A Road Map to Health. Educational Material Review. J Nutr Educ and Behav. 2007.

Reviewer. Sugar Substitutes and Your Health. Am Council on Science and Health Inc. NY. 2006.

Reviewer. Trans Fatty Acids and Heart Disease. Am Council on Science and Health. NY, 2006

Reviewer. Nutrition in the Prevention and Treatment of Disease. J Am Dietet A. 2002; 102:878-879

Reviewer. Raising Happy, Healthy, Weight-Wise Kids. J Nutrition Ed. Electronic publication.

Reviewer. 2000- 2004. Web site Health Answers; Consumer Health Interactive  
[http://www.demo.healthanswers.com/healthcenters/apps/GUI\\_HC.asp?ID=BP\\_LC\\_B](http://www.demo.healthanswers.com/healthcenters/apps/GUI_HC.asp?ID=BP_LC_B)

Adhoc reviewer: J Am Dietetic A 1982- present; J Nutr Ed 1974- present; Rural Health 1994 - present; Preventive Medicine. 2000-present; Fam Med 1991-present.

Kolasa KM, Harris N, Hester G, Borre K and Sullivan C. Guidelines for Collecting Heights and Weights on Children and Adolescents in School Settings. University of California, Berkeley. Society for Nutrition Education Online. June 14, 2001.

Kolasa KM and Sullivan CS. Problem Based Learning: A reasonable approach. J Nutr Ed. 2000; 32(6):339.

Technical Reviewer. Nutrition and Wellness. Glencoe McGraw-Hill (high school text). Fall 1999.

Reviewer. Eating Agendas. Food and Nutrition as Social Problems. J Nutr Ed. 1996; 28(3):176.

Reviewer. The Betrayal of Health: The Impact of Nutrition, Environment, and Lifestyle on Illness in America. J Nutr Ed. 1995; 27(3):155.

Reviewer. Nutrition and Disease Update Cancer, Bioscience 1996; 46(3):218-219.

Reviewer. Am Acad Fam Phys Grants Awards Council. 1994-2005.

Reviewer. Agriculture - Health Linkages. J Nutr Ed. 1994; 22(5):250.

Reviewer. Am Dietet A. Position paper, "Nutrition, Essential Component of Medical Education 1993."

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Special Reviewer for Special Issue of J Nutr E. Spring 1981 on Testing Methodology.

Nutritional Considerations for the Elderly. J Nutr Ed. 1979; 11(2).

Development, Reform and Malnutrition in Chile J Am Dietet A. 1979; 73:388.

Thesis Directed (MS and PhD) 17 between 1976-1987. Member of numerous M.S. and Ph.D. committees at Michigan State University, at East Carolina University and at NC State University. List available on request.

Reviewer board for Web site. <http://www.consumerhi.com/medbrd.html>

Technical Reviewer. University of Arizona Nutritional Medicine Distance Learning Project, Integrative Med. Dr. Andrew Weil.

### ***International Experience***

- |           |   |
|-----------|---|
| 2011-2015 | External Advisor. Children's Healthy Living Program. Childhood Obesity Prevention for Underserved Minorities of the Pacific (Hawaii, Guam, Alaska, Palau, Saipan, Yap, FAS) |
| 2012-2014 | Distance teaching of medical students in Moldova, Iraq and Ethiopia.  |
| 2010      | Visiting Committee member. University of Sharjah, United Arab Emirates.   |
| 2004      | Expert Consultant. Empowering Family Doctors and Patients in Nutrition Communication. Heelsum, Netherland, Dec.   |
| 2003      | Workshop presenter. Via Blackboard from the U.S. to Vietnam. Use of technology in nutrition education. Program planned by GLOBAL Nutrition, Uppsala, Sweden                 |
| 2002      | Keynote speaker. Use of technology in nutrition education. Technology Africa. Nairobi, Kenya July 2002  |
| 2001-2006 | External Examiner. The Chinese University of Hong Kong. Food Science and Human Nutrition. Site visit and lectures in Hong Kong and China. March 2004.                       |
| 1998      | Expert Consultant. Can primary care physicians be effective nutrition educators of patients? Heelsum, Netherland, Dec   |
| 1996      | Expert Consultant on Distance Education to FAO and STOU, Thailand.  |
| 1995      | Expert Consultant on Nutrition Education, FAO, Rome.  |
| 1994-1995 | Weaning Practices Council Member. U.S. AID Weaning Practices Improvement. Contract with Manoff International, Washington, DC.   |
| 1984      | Consultant. NIROG Foods in Nutrition Education, ICDDR, B., Bangladesh.  |
| 1983      | Researcher. Self-targeted weaning foods. USDA/OICD.   |
| 1980/82   | Participant Michigan State University. Title XII Food Science and Human Nutrition team. Costa   |

- Rica; Ecuador. Recipient of competitive grant, 1982.
- 1978/81 Nutrition researcher in AID Project "Nutrient Effects of Economic Policy" in Sierra Leone.
- 1977 Directed Nutrition Fieldwork in E. Nicaragua. Midwestern University Consortium for International Activities (MUCIA), July-September.
- 1977 Collected background for nutrition study in Costa Rica. International Rehabilitation Special Education Network (IRSEN). Michigan State University. August.
- 1976 Study of Polish food habits in rural Poland. Kosciuszko Foundation, NY.
- 1976 Supervised nutrition fieldwork in E. Nicaragua. MUCIA, February.
- 1971 Student of art, history, music, Jagellonian University, Cracow, Poland
- 1970 Independent study of family in Mexico, Michigan State University.

### ***Selected Committee Assignments and Offices***

#### ***East Carolina University***

- 2012-2013 Eat Smart Move More ECU Obesity Plan Task Force (co-chair)
- 2008 Family Medicine Personnel and Promotion Committee; Tenure Committee (Chair);  
Subcommittee on Post Tenure Review (Chair)
- 2006-2007 Chair and Convener. . Mini med School Planning Committee
- 2005 Brody School of Medicine. Women in Medicine Task Force
- 2003-2009 Brody School of Medicine, MPH Advisory Committee. Member
- 2004 -2009 Study Committee on Childhood Obesity. North Carolina. Fit Families.
- 2003-2006 The Carolina Consensus Panel to Recommend Standards for All Foods Available in School.
- 2003-2007 Brody School of Medicine Tenure and Promotion Committee
- 2000-2003 Survey Research Laboratory Advisory Board; MPH Establishment Committee
- 1997-2003 Institute of Nutrition. Univ. North Carolina, Board Member
- 1997-2003 American Cancer Society Institutional Grant Internal Review
- 1995-2002 Resident Curriculum Committee, Department Family Medicine Chair
- 1995-1998 SOM Personnel Committee
- 1995 Brody School of Medicine, Department Family Medicine, Residency Curriculum.
- 1996 Family Medicine Personnel; Task Force for Medical Education Curriculum Revision, ECU  
Senator (alternate), Family Medicine Computer Committee Chair
- 1994-1995 SOM/ECU Senator, alternate; SOM Personnel, Task Force on Medical Education
- 1994-1995 Senator, alternate; Chair, Residency Curriculum Committee; Telemedicine- Distance Learning  
Advisory, PCMH Nutrition Committee
- 1988-90 Cancer Center Advisory Council; Fam Med Residency Curriculum Committee, International Task  
Force; Computer chair 1992-94; Strategic Planning Task Force for Family Medicine; RWJ  
Generalist Task Force, Personnel Committee 1988-90 School of Medicine (SOM) representative  
to Southeast Regional Medical Nutrition Education Network; SOM Curriculum Committee;  
Research; Personnel
- 1998-1990 Family Medicine Executive Committee
- 1987-1988 Department of Family Medicine Personnel Committee, Patient Education Committee
- 1984-86 School of Home Economics, Personnel Committee, Chair
- 1984-87 Scientific Director, Institute of Nutrition, University of North Carolina
- 1983-85 School of Home Economics Graduate Faculty Secretary, School of Home Economics Dean Search  
Committee

#### ***Michigan State University***

(More than 10 major committees. List available upon request.)

### ***Other—Ongoing***

2012- 2015 Member. Institute of Medicine’s Global Forum on Innovation in Health Professional Education  
 2011- Contributing Editor. Nutrition Today. December, 2011-  
 2011-2013. Editorial Board, Clinical Insights. [www.clinicalinsights.com](http://www.clinicalinsights.com). Ceased publication 2013.  
 2011- 2015 External Advisor. University of Hawaii Childhood Obesity Prevention for Minority Populations.  
 2010-2012 Member. Regional Lactation Training Center Steering Committee. Brody School of Medicine  
 2009- Member. Hospital Advisory Committee. North Carolina Prevention Partners  
 2009- Nutrition Education for Practicing Physicians Project. University North Carolina, Chapel Hill  
 2006- Member. Eat Smart Move More NC Leadership Team.  
 2002- Member. Editorial Board. *Nutrition Today*.  
 1999- Am Soc Clin Nutr. Guide to Experts  
 1995- IFIC. Food Insight Media Guide on Food Safety and Nutrition, Washington, DC.  
 1992- Advisory Committee Member. UNC-CH. Medical Nutrition Education Project.  
 1990- American Council on Science and Health Speaker Bureau; Board of Scientific Advisors  
 1988- Society for Nutrition Education (SNE) Past Presidents Council  
 1986- Weekly Question/Answer Column. Wednesday, Front Page, LOOK Section. The Daily Reflector.  
 Greenville, NC.

### ***Other-Completed***

2011 Member. NIDDK Centers for Diabetes Translation Research Special Emphasis Panel.  
 2010 OMB Dietary Guidelines 2010 Reviewer  
 2010 Reviewer NIDDK. Obesity Research Centers  
 2010 Reviewer. National Cancer Institute  
 2008-10 Member. Burger King Nutrition Advisory Board.  
 2006-2007 Member. ESMM Recommended Guidelines for Snacks and Beverages Consensus Panel.  
 Aggarwal S, Beth D, Dunn C, Staveren MV, Thomas CT, Vodicka S. Eat Smart: Snacks and  
 Drinks. DHHS, NC Division of Public Health, Raleigh NC, 2007.  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)  
 2006-2007 Member Writing Team. NC Division of Public Health and NC Cooperative Extension Service.  
 Weight Management Curriculum.  
 2006 External Examiner. The Chinese University of Hong Kong Graduate School. MS. Thesis.  
 2004 Member - Winner’s Circle National Scientific Advisory Council Member.  
[www.winnercirclehealthydining.com](http://www.winnercirclehealthydining.com)  
 2003 Member. North Carolina Consensus Panel to Recommend Standards for All Foods Available in  
 School  
 2003-2010 Healthy Schools Task Force, Pitt County  
 2001-2011 Advisory Board. Arbor Nutrition. Australia. <http://www.arbornutrition.com>  
 2001-2005 Advisor and Reviewer. Consumer Health Interactive <http://buildingbetterhealth.com>  
 2001-2004 NC Task Force for Healthy Weight in Children and Youth.  
 2001-2002 Facilitator for "Strive for Five: Healthy Eating Plan". Physical Activity and Nutrition Branch,  
 Dept Health and Human Services, NC  
 2000 Coordinator. Celebration of Foods. Greenville Community  
 1999-2005 Nutrition in Clinical Care. Member Editorial Board. Medford, MA: Tufts University  
 1998-2001 Volunteer. East Carolina Breast Cancer Awareness Program  
 1998-2001 North Carolina Advisory Committee on Cancer. Coordination and Control Prevention Partners  
 1998 Reviewer. The Gerontologist.  
 1998 The Committee on Health Education of the Breast Cancer Golf Festival.  
 1998 ASCN/AMSA National Clinical Nutrition Internship Program Mentors.  
 1997-2002 NCI Review, Grant Review Subcommittee  
 1997-2002 NCDA (East Region) Media Representative

- 1994-2006 NHLBI High Blood Pressure Education Coordinating Committee (1996-1997 writing committee for JNC6; for JNC 7) Representing Society for Nutrition Education.
- 1996-2002 Co-chair, Working Group on Nutrition, Society of Teachers of Family Medicine
- 1999-2000 ViQuest Centers Comprehensive Children's Programming.
- 1999-2000 Member, Medical Advisory Board, <http://www.babycenter.com>
- 1999-2000 Hippocrates, Consulting Nutrition Editor (ceased publication in 2001)
- 1999-2000 Soc Nutr Ed. Program Planning Committee
- 1999 Special Olympics, Fam. Med Gymnastic Team Volunteer
- 1998 ASNS/ASCN Guide to Experts.
- 1998-2000 Medicaid Education Committee, Eastern Carolina Health Organization, Inc. (ECHO)
- 1997-1999 American Dietetic Assoc Annual Meeting Program Committee
- 1996-1998 NEHP Newsletter Editor
- 1995 Guest Editor. Computer theme issue. J Nutrition Education
- 1995 Canned Food Advisory Forum, Steel Packaging Council
- 1994-1995 American Dietetic Association Task Force on Technology in Dietetics Education
- 1994-1995 Gov. Task Force on School Health, North Carolina Special Review committee, Cancer Prevention and Control Research Small Grant Program
- 1994-1995 Am Soc Clin Nutr Med Ed Committee;
- 1994-2000 Pitt County Memorial Hospital Nutrition Committee
- 1994-1995 Newsletter Editor. Communications Division, Society for Nutrition Education
- 1993 Consumer Nutrition Sub-Committee American Heart Association, Dallas, TX vice chair (1992-93); Label Use Task Force; Label Project Working Group (chair).
- 1992 NC Dept Public Instr Competencies for Health Ed and Physical Ed Teachers - Revision Team.
- 1992 Invited panelist, U.S. Department of Health and Human Services Expert Panel on the Federal Role of Facilitating Nutrition in Medical Education, Crystal City, VA, August.
- 1991-1999 Editorial Board. Food Safety Notebook. Published monthly by John Wiley and Sons, Inc
- 1991-1992 Pitt County Health Education Foundation Board
- 1990-1992 Parents and Children Together Advisory Committee, Bethel, NC
- 1989-199 National Potato Board, Denver Colorado. Nutrition Consultant
- 1989-1992 Pitt County Adolescent Project Advisory Council, Ad Hoc member
- 1989-1990 Am Inst Nutr Task Force on Nutrition Labeling
- 1971-1990 30+ activities. List available on request.

***Grants; Courses Developed And/Or Taught; Consultantships (paid and contributed):*** *List available on request.*

***Hobbies:*** Travel, golf, photography, snorkeling, diving and beach walking