

# Lua Wilkinson, PhD, MA, RD

Curriculum Vitae

February 1, 2018

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University of Alabama, Birmingham  
Nutrition Obesity Research Center  
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## EDUCATION AND TRAINING

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- 2016 - **NIH T32 Postdoctoral Fellowship in Energetics Research (T32DK062710; PI: David Allison)**  
Nutrition Obesity Research Center, University of Alabama, Birmingham  
Research Mentors: W. Timothy Garvey, M.D., Tapan Mehta, Ph.D., Meredith Kilgore, Ph.D.
- 2012 - 2016 **Ph.D. Nutrition Science**  
Concentration/Minor: *Computer Science*  
Cornell University, Division of Nutritional Sciences  
Dissertation Chair: David Levitsky, Ph.D.
- 2010 - 2011 **Fulbright Fellow**  
Shanghai JiaoTong University School of Medicine  
Research Mentors: Nancy Krebs, M.D., and Xiaoyang Sheng, M.D., Ph.D.
- 2008 - 2010 **M.A. Medical Anthropology**  
University of Colorado, Denver
- 2005 - 2006 **Dietetic Internship**  
University of California, San Francisco Medical Center
- 2003 - 2005 **B.S. Dietetics**  
University of Northern Colorado
- 2000 - 2002 **B.A. Anthropology**  
University of Northern Colorado

## CLINICAL EMPLOYMENT

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- 2012 **Neonatal Intensive Care Dietitian**  
New York Presbyterian Hospital. New York, New York

2008 - 2010 **Clinical Dietitian Specialist**  
The Heart Institute at Children's Hospital Colorado. Aurora, Colorado

2006 - 2008 **Pediatric Dietitian**  
Children's Hospital Colorado. Aurora, Colorado

## **RESEARCH INTERESTS**

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Obesity, type 2 diabetes, clinical nutrition, pediatrics, global health, healthcare disparities

## **PEER REVIEWED PUBLICATIONS**

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1. **L Wilkinson**, C Pacanowski, D Levitsky. (2017) Three-Year Follow-Up of Participants from a Self-Weighing Randomized Controlled Trial. *Journal of Obesity*, 2017. doi:10.1155/2017/4956326.
2. D Levitsky, JER Limb, **L Wilkinson**, A Sewall, Y Zhong, A Olabi, J Hunter. (2017) Lack of negative autocorrelations of daily intake on successive days challenges the concept of the regulation of body weight. *Appetite*, 116, 277-283.
3. **L Wilkinson**. (2017) Review: Nutritionism: The Science and Politics of Dietary Advice, by Gyorgy Scrinis. *Gastronomica: The Journal of Critical Food Studies*, 17(1), 80-81.
4. **L Wilkinson**. (2016) Questions Regarding Weighing Every Day. *Journal of the Academy of Nutrition and Dietetics*, 116(3), 405.
5. J Shlisky, A Beaudreault, **L Wilkinson**, M Mclean, M Arabi. (2015) Neutrality in Nutrition Science: Perspectives for Effective Public-Private Partnerships. *The Journal of the Federation of American Societies for Experimental Biology*. [Published abstract] 24(1), 384.6.
6. **L Wilkinson**, X Sheng, & S Young. (2012) Understanding Infant and Young Child Feeding Challenges in China. *China Health Review*, 3(2), 9-20.

## **HONORS & FUNDED AWARDS**

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| 2018 | <b>Health Disparities Research Training Program (HDRTP) Award</b><br>University of Alabama, Birmingham           |
| 2017 | <b>Cornell Open Access Publication Award</b><br>Cornell University   |
| 2016 | <b>Graduate School Conference Grant</b><br>Cornell University  |
| 2015 | <b>College of Agriculture and Life Sciences Alumni Association Grant</b><br>Cornell University                   |
| 2014 | <b>Exploratory Research Grant</b><br>Tata-Cornell Agriculture and Nutrition Initiative (TCi), Cornell University |

- 2013 - 2014 **South Asia Program Summer Foreign Language and Area Studies (FLAS) Fellowship (Oriya)**  
Cornell University and The American Institute for Indian Studies. Orissa, India
- 2012 - 2014 **Humanities, Arts, Science, and Technology Alliance and Collaboratory (HĀSTAC) Scholarship**  
Cornell University
- 2010 - 2011 **Fulbright Award**  
Shanghai JiaoTong University School of Medicine
- 2010 **Critical Language Enhancement Award (Mandarin Chinese)**  
Awarded by the U.S. Department of State to study at CET Harbin, China
- 2002 **Anthropology Distinguished Student Scholarship**  
University of Northern Colorado
- 2001 **Anthropology Scholar of the Year**  
University of Northern Colorado

## **GRANT AWARDS AND FUNDING**

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- 2017 **P30 DK079626: Diabetes Research and Training Center**  
Role: Consultant  
Status: *Under review*
- 2017 **1R01DK112899-01: Daily Self-Weighing to Prevent Weight Gain in Young Adults: An Effectiveness Trial**  
Role: Key Person  
Status: *Not funded*
- 2014 **BIRAC Grand Challenge India: “Digital Technology Enabled and Community-Driven Integrated Agriculture and Nutrition Intervention to Promote Maternal and Child Nutrition in Odisha”**  
Role: Key Person  
Status: *Awarded*

## **SCIENTIFIC PRESENTATIONS**

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1. Allman, P.H., **Wilkinson, L<sup>a</sup>**, Judd, S. & Mehta, T. Do Lipid-Lowering Medications Modify the Obesity-Mortality Association? The Obesity Society. [Poster]. 2017
  - a. **Presenting author**
  - **Winner** of 2017 Annual Epidemiology Poster Award
2. **Wilkinson, L.** and Levitsky, D. Objectively Collected Weight Data and Long-Term Outcomes: Analysis of Data From 90,000 Users of the Withings Smart Scale. Experimental Biology. [Poster]. 2017.
3. **Wilkinson, L.**, Pacanowski, C., and Levitsky, D. Self-Weighing and Visual Feedback Has Long Term Effects on Weight Gain Prevention in Adults. Experimental Biology. [Poster]. 2016.

4. **Wilkinson, L.** Food Systems and Obesity in China. Division of Nutrition Sciences Graduate Symposium. Cornell University. Spring 2014.
5. **Wilkinson, L.** A Food Systems Perspective on Urbanization and the Coexistence of Obesity and Undernutrition in China. Peer Reviewed. Yale Food Systems Symposium. October 18-19, 2013.

## **INVITED LECTURES**

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1. Advancing Data-Driven Decision Making in Health and Medicine. *Grand Rounds*. Children's Hospital of Colorado. October, 2017.
2. Early Development and Obesity. *Guest lecture to NS 3150, Obesity and the Regulation of Body Weight*. Cornell University. Spring, 2016.
3. Exam Review. *Guest lecture to NS 1150, Health, Nutrition and Society*. (Enrollment 600+ students). Cornell University. Fall, 2015.
4. Presented an evaluation of "Weighing Every Day Matters: Daily Weighing Improves Weight Loss and Adoption of Weight Control Behaviors, Steinburg et al. *J Acad Nutr Diet*. 2015." to the *Division of Nutritional Sciences* at Cornell University. April 7, 2015.
5. Infant Feeding and Nutrition. *Guest lecture to NS 1220, Nutrition Through the Lifecycle*. Cornell University. Spring 2015.
6. Child and Adolescent Nutrition. *Guest lecture to NS 1220, Nutrition Through the Lifecycle*. Cornell University. Spring 2015.
7. Presented an evaluation of "Zinc Absorption from Micronutrient Powder is Low but is not Affected by Iron in Kenyan Infants, Esami et al. *Nutrients*, 2014." to the *Division of Nutritional Sciences* at Cornell University. January 27, 2015.
8. Management of Pediatric Obesity. *Guest lecture to NS 3150, Obesity and the Regulation of Body Weight*. Cornell University. Spring, 2014.
9. International Agriculture and Food Insecurity. *New York Future Farmers of America 360/212 Leadership Conference*. January 25-26, 2014.
10. Nutrition Management of the Pediatric Patient. *Guest lecture to NS 4420, Implementation of Nutrition Care*. Cornell University. Fall 2013.
11. The China Nutrition Project. *Guest lecture to the Department of Nutrition* at the University of Northern Colorado. Greeley, Colorado. November 29, 2011.

12. Childhood Nutrition and Economic Development in China. *The Linden Centre For Experiential Learning*. Xizhou, China. June 30, 2011.
13. Nutrition and Heart Disease in Pediatrics. *Kids Hearts 2009 International Symposium*, Children's Hospital Colorado. Aurora, Colorado. June 5, 2009.
14. Nutrition and Congenital Heart Disease for Allied Health Professionals. *Phase Class Lectures*. The Heart Institute at Children's Hospital Colorado. Aurora, Colorado. June 2, 2009.

## **TEACHING EXPERIENCE**

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**Teaching Assistant**, Division of Nutritional Sciences. Cornell University

Summer 2016	Obesity and Regulation of Body Weight
Spring 2016	Obesity and Regulation of Body Weight <i>Nominated Best Teaching Assistant</i>
Fall 2015	Health, Nutrition and Society
Summer 2015	Obesity and Regulation of Body Weight
Spring 2015	Nutrition Through the Lifecycle
Spring 2014	Obesity and Regulation of Body Weight
Fall 2013	Implementation of Nutrition Care
Spring 2013	Integrative Health Sciences II
Fall 2012	Preparation for Professional Study
Fall 2012	Health and the Humanities

## **SELECT MENTORSHIP EXPERIENCE**

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Division of Nutritional Sciences. Cornell University

<u>Name</u>	<u>Major</u>	<u>Project</u>
Elena Gupta	Biology	Systematic review of self-monitoring and weight gain prevention
Carly Eubanks	Human Biology, Health, and Society	Stress and preventing weight gain among college freshman
Andrea Okeke	Human Biology, Health, and Society	Self-efficacy and long-term weight gain prevention
Michelle Yurovsky	Dietetics and Human Computer Interaction	Behavior change and self-tracking devices
Kate Coppa	Computer Science/Operations Engineering	Weight prevalence and trends of Withings Smart Body Analyzer users

## **SELECT RESEARCH EXPERIENCE**

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- 2016 - **NIH T32 Postdoctoral Fellowship in Obesity Research (T32DK062710; PI: Allison)**  
 University of Alabama at Birmingham, Nutrition Obesity Research Center  
 Training Director: David Allison, Ph.D.  
 Research Mentors: W. Timothy Garvey, M.D., Tapan Mehta, Ph.D.
- Cardiometabolic Disease Risk Assessment and Prediction of Future Diabetes in a Large and Diverse Population  
Role: Principle Investigator
- 2014-2016 **The role of self-weighing in the control of body weight**  
 Division of Nutrition Science, Cornell University  
Role: Co-Principle Investigator  
Mentors: David Levitsky, Ph.D., Laura Barre, M.D., Daniel Cosley, Ph.D., Barbara Strupp, Ph.D.
- 2013-2014 **Promoting iron-rich foods for infants 6-12months through community-based participatory research and nutrition education in Odisha, India.**  
 Tata-Cornell Agriculture and Nutrition Initiative, Cornell University  
Role: Co-Principle Investigator  
Mentor: Prabhu Pingali, Ph.D.
- 2013-2014 **Perceptions of Neutrality Among Nutrition Science Professionals**  
 New York Academy of Sciences, The Sackler Institute  
Role: Research Consultant
- 2013 **Analysis of UNICEF training course on programming for infant and young child feeding**  
 Cornell University and UNICEF  
Role: Graduate Research Assistant
- 2013 **The use of social media and technology among SNAP-Ed participants**  
 Cornell Cooperative Extension  
Role: Graduate Research Assistant  
Mentor: Jamie Dollahite, Ph.D.
- 2011 **The effects of migration on infant and young child feeding practices in China**  
 Fulbright Research, Shanghai JiaoTong University School of Medicine  
Role: Research Fellow  
Mentors: Nancy Krebs, M.D. and Xiaoyang Sheng, M.D., Ph.D.
- 2000 - 2009 **Protein Procurement and Household Health**  
 University of Colorado, Denver, Papua New Guinea  
Role: Graduate Research Assistant  
Mentor: David Tracer, Ph.D.

#### **ADDITIONAL STATISTICAL TRAINING**

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Fluent in **R**, **SPSS**, **SAS**, **Stata**, and **Adobe**. Working knowledge of **Python** and **Matlab**.

Fall 2017      **Clinical Decisions and Cost Analysis** (semester course)  
University of Alabama, Birmingham

Jul 2017      **Strengthening Causal Inference in Behavioral Obesity Research** (one-week)  
University of Alabama, Birmingham

Jun 2017      **Mathematical Science in Obesity Research** (one-week)  
University of Alabama, Birmingham

Spring 2017   **Survival Analysis** (semester course)  
University of Alabama, Birmingham

Oct 2016      **Applied Bayesian Data Analysis** (two-day course)  
Statistical Horizons

Jan 2016      **Introduction to multi-level modeling** (two-day course)  
Cornell Statistical Consulting Unit

Jun 2014      **Software Carpentry Bootcamp** (two-day course)  
Cornell Statistical Consulting Unit

Jun 2014      **Introductory Statistics Using R** (one-day course)  
Cornell Statistical Consulting Unit

Sep 2014      **Advanced Course in Epidemiological Analysis** (two-week course)  
London School of Hygiene and Tropical Medicine

Feb 2014      **Experimental Design for Observational Studies** (one-day course)  
Cornell Statistical Consulting Unit

## **MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS**

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2016 -              Member, The Obesity Society

2011 - 2015        Member and Board, China Health Review

2010 -              Member, American Society for Nutrition

2008 - 2016        Member, American Anthropological Association

2003 -              Member, Academy of Nutrition and Dietetics

## **PROFESSIONAL SERVICE**

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2017 -              Cornell Alumni Association Ambassador

2017                Peer Reviewer: Contemporary Clinical Trials

2017                Peer Reviewer: BMJ Open

2016                Peer Reviewer: Sports Medicine

2016                Peer Reviewer: Obesity

2015 - 2017        Social Media Specialist. American Society for Nutrition, Student Interest Group

2015 - 2016        Webmaster. Nutrition Science Graduate Student Organization

2015                Peer Reviewer: Intersections: Gender and Sexuality in Asia and the Pacific

2011 - 2015        Peer Reviewer: China Health Review

## **MEDIA AND SCIENCE WRITING**

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- 2016 - **Obesity and Energetics Offerings.** University of Alabama at Birmingham  
Research aggregation sent to >80,000 people weekly. Drug section  
aggregator weekly; overall aggregation quarterly
- 2015 **Junior Research Task Force.** Global Food Security Conference. Ithaca, New  
York
- 2015 Contributor, **Economics That Really Matters Blog.** Cornell University  
Most read and shared post in the history of the blog
- 2014 Contributor, **Tata-Cornell Agriculture and Nutrition Initiative Blog.** Cornell  
University
- 2013 Contributor, **The Health Care Blog**
- 2013 Contributor, **The Atlantic**  
Crossed published in **Tea Leaf Nation**
- 2011-13 Contributor, **Asia Healthcare Blog**
- 2011 Contributor, **The China Beat**
- 2011 Contributor, **Savage Minds**  
Article featured on The Browser, "Writing worth reading"

## **REFERENCES**

Upon request