

CURRICULUM VITAE

Nancy Elizabeth Sherwood, PhD

HealthPartners Institute
PO Box 1524 23301A
Minneapolis, MN 55440-1524
612-600-3328 (Cell)
952-967-7303 (Office)
952-967-5022 (Fax)
Nancy.E.Sherwood@HealthPartners.com

EDUCATION

1990	BS	Human Development and Family Studies, Cornell University
1993	MA	Clinical Psychology, Kent State University
1996	PhD	Clinical Psychology, Kent State University

PROFESSIONAL EXPERIENCE

March 2017-Current	Associate Professor, Division of Epidemiology and Community Health, School of Public Health, University of Minnesota
July 2013-March 2017	Director of Scientific Development, HealthPartners Institute (formerly, HealthPartners Institute for Education and Research)
Nov 2008-March 2017	Senior Research Investigator, HealthPartners Institute for Education and Research (formerly, HealthPartners Research Foundation)
Feb 2003-Oct 2008	Research Investigator, HealthPartners Research Foundation
July 2010-March 2017	Associate Professor (Adjunct), Division of Epidemiology and Community Health, School of Public Health, University of Minnesota
Jan 2007-June 2010	Assistant Professor, Division of Epidemiology and Community Health, School of Public Health, University of Minnesota
Apr 2005-Dec 2006	Adjunct Assistant Professor, Division of Epidemiology and Community Health, School of Public Health, University of Minnesota
Apr 2005-Sep 2005	Clinical Postdoctoral Fellow, Children's Hospital and Clinics, Minnesota
Oct 1996-Jan2003	Research Associate, Division of Epidemiology, School of Public Health, University of Minnesota
Jun 1995-Jun 1996	Clinical Psychology Intern, Wisconsin Psychiatric Institute & Clinics, University of Wisconsin Medical School, Madison, Wisconsin

PUBLICATIONS

Peer-reviewed research articles

1. Story M, Neumark-Sztainer D, **Sherwood N**, Stang J, Murray D. Dieting status and its relationship to eating and physical activity behaviors in a representative sample of U.S. adolescents. *J Am Diet Assoc.* 1998;98(10):1127.

2. **Sherwood NE**, Morton N, Jeffery RW, French SA, Neumark-Sztainer D, Falkner NH. Consumer preferences in format and type of community-based weight control programs. *Am J Health Promot.* Sep-Oct 1998;13(1):12-18.
3. Neumark-Sztainer D, **Sherwood NE**, French SA, Jeffery RW. Weight control behaviors among adult men and women: cause for concern? *Obes Res.* Mar 1999; 7(2):179-188.
4. Harnack L, **Sherwood N**, Story M. Diet and physical activity patterns of urban American Indian women. *Am J Health Promot.* Mar-Apr 1999;13(4):233-6, iii.
5. **Sherwood NE**, Jeffery RW, Wing RR. Binge status as a predictor of weight loss treatment outcome. *Int J Obes Relat Metab Disord.* May 1999;23(5):485-493.
6. French SA, Jeffery RW, **Sherwood NE**, Neumark-Sztainer D. Prevalence and correlates of binge eating in a nonclinical sample of women enrolled in a weight gain prevention program. *Int J Obes Relat Metab Disord.* Jun 1999;23(6):576-585
7. Falkner NH, French SA, Jeffery RW, Neumark-Sztainer D, **Sherwood NE**, Morton N. Mistreatment due to weight: prevalence and sources of perceived mistreatment in women and men. *Obes Res.* Nov 1999;7(6):572-576.
8. Lando HA, Thai DT, Murray DM, Robinson LA, Jeffery RW, **Sherwood NE**, Hennrikus DJ. Age of initiation, smoking patterns, and risk in a population of working adults. *Prev Med.* Dec 1999;29(6 Pt 1):590-598.
9. **Sherwood NE**, Crowther JH, Wills L, Ben-Porath YS. The perceived function of eating for bulimic, subclinical, and non-eating disordered women. *Behav Ther.* Fall 2000;31(4):777-793.
10. **Sherwood NE**, Harnack L, Story M. Weight-loss practices, nutrition beliefs, and weight-loss program preferences of urban American Indian women. *J Am Diet Assoc.* Apr 2000;100(4):442-446.
11. **Sherwood NE**, Jeffery RW, French SA, Hannan PJ, Murray DM. Predictors of weight gain in the Pound of Prevention study. *Int J Obes Relat Metab Disord.* Apr 2000;24(4):395-403.
12. **Sherwood NE**, Hennrikus DJ, Jeffery RW, Lando HA, Murray DM. Smokers with multiple behavioral risk factors: how are they different? *Prev Med.* Oct 2000;31(4):299-307.
13. Neumark-Sztainer D, **Sherwood NE**, Collier T, Hannan PJ. Primary prevention of disordered eating among preadolescent girls: feasibility and short-term effect of a community-based intervention. *J Am Diet Assoc.* Dec 2000;100(12):1466-1473.
14. **Sherwood NE**, Neumark-Sztainer D. Internalization of the sociocultural ideal: weight-related attitudes and dieting behaviors among young adolescent girls. *Am J Health Promot.* Mar-Apr 2001;15(4):228-231, iii.
15. Crowther JH, Kichler JC, **Sherwood NE**, Kuhnert ME. The role of familial factors in bulimia nervosa. *Eat Disord.* Summer 2002;10(2):141-151.
16. Story MT, Neumark-Sztainer DR, **Sherwood NE**, Holt K, Sofka D, Trowbridge FL, Barlow SE. Management of child and adolescent obesity: attitudes, barriers, skills, and training needs among health care professionals. *Pediatrics.* Jul 2002;110(1 Pt 2):210-214.
17. **Sherwood NE**, Neumark-Sztainer D, Story M, Beuhring T, Resnick MD. Weight-related sports involvement in girls: who is at risk for disordered eating? *Am J Health Promot.* Jul-Aug 2002;16(6):341-344, ii.
18. Kumanyika SK, Story M, Beech BM, **Sherwood NE**, Baranowski JC, Powell TM, Cullen KW, Owens AS. Collaborative planning for formative assessment and cultural appropriateness in the Girls health Enrichment Multi-site Studies (GEMS): a retrospection. *Ethn Dis.* Winter 2003;13(1 Suppl 1):S15-29.

19. Treuth MS, **Sherwood NE**, Butte NF, McClanahan B, Obarzanek E, Zhou A, Ayers C, Adolph A, Jordan J, Jacobs DR, Rochon J. Validity and reliability of activity measures in African-American girls for GEMS. *Med Sci Sports Exerc.* Mar 2003;35(3):532-539.
20. Story M, **Sherwood NE**, Himes JH, Davis M, Jacobs DR, Jr., Cartwright Y, Smyth M, Rochon J. An after-school obesity prevention program for African-American girls: the Minnesota GEMS pilot study. *Ethn Dis.* Winter 2003;13(1 Suppl 1):S54-64.
21. Story M, **Sherwood NE**, Obarzanek E, Beech BM, Baranowski JC, Thompson NS, Owens AS, Mitchell M, Rochon J. Recruitment of African-American pre-adolescent girls into an obesity prevention trial: the GEMS pilot studies. *Ethn Dis.* Winter 2003;13(1 Suppl 1):S78-87.
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24. Jeffery RW, Wing RR, **Sherwood NE**, Tate DF. Physical activity and weight loss: does prescribing higher physical activity goals improve outcome? *Am J Clin Nutr.* Oct 2003;78(4):684-689.
25. **Sherwood NE**, Story M, Neumark-Sztainer D, Adkins S, Davis M. Development and implementation of a visual card-sorting technique for assessing food and activity preferences and patterns in African American girls. *J Am Diet Assoc.* Nov 2003;103(11):1473-1479.
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27. Jeffery RW, Kelly KM, Rothman AJ, **Sherwood NE**, Boutelle KN. The weight loss experience: a descriptive analysis. *Ann Behav Med.* Apr 2004;27(2):100-106.
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- predictors among adolescent, adult, and senior health plan members. *Prev Med.* Aug 2004;27(2 Suppl):25-33.
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- based obesity prevention intervention for at-risk 5-10 year olds. *Contemp Clin Trials*. Sep 2013;36(1):228-43. PMID: PMC4004341.
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body mass index in healthy adolescents. *J Pediatr*. Nov 2014;165(5):1029-33. PMID: PMC4252822.

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Chapters in Edited Books/Invited Articles/Monographs/Review Articles/Reports

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PRESENTATIONS

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2. **Sherwood NE**, Crowther JH, Kuhnert ME. Familial and individual characteristics: Predictors of dieting and bulimic behavior? Poster presented at the *25th annual meeting of the Association for the Advancement of Behavior Therapy*. New York, NY. November 1991.
3. **Sherwood NE**, Crowther JH, Kuhnert ME. Mothers' and daughters' perceptions of family environments as predictors of chronic dieting and bulimic symptomatology. Poster presented at the *101st Annual Meeting of the American Psychological Association*. Toronto, Ontario, Canada. August 1993.
4. **Sherwood NE**, Crowther JH, Wills L. The function of eating for bulimic, subclinical bulimic, and non-eating disordered women. Poster presented at the *28th annual meeting of the Association for the Advancement of Behavior Therapy*. San Diego, CA. November 1994.
5. **Sherwood NE**, Crowther JH, Luce KH, Horton, HL. The perceived function of bingeing for bulimic women with and without a comorbid diagnosis of borderline personality disorder. Poster presented at the *31st annual meeting of the Association for the Advancement of Behavior Therapy*. Miami Beach, FL. November 1997.
6. **Sherwood NE**, Jeffery, R.W., Wing, R. R. Binge status as a predictor of weight loss treatment outcome. Poster presented at the *Annual Meeting of the North American Association for the Study of Obesity*. Cancun, Mexico. November 1997.
7. **Sherwood NE**, Jeffery RW, French SA, Hannan PJ, Murray DM. Predictors of weight gain in the Pound of Prevention Study. Poster presented at the *Annual Meeting of the North American Association for the Study of Obesity*. Cancun, Mexico. November 1997.
8. **Sherwood NE**, Neumark-Sztainer D, French SA, Jeffery RW. Weight control behaviors among adult men and women: Cause for concern? Poster presented at the *19th annual meeting of the Society of Behavioral Medicine*, New Orleans, LA. March 1998.
9. **Sherwood NE**, Hellerstedt W, Jeffery RW, Wing RR. Weight and dieting history as predictors of weight loss treatment outcome. Poster presented at the *19th annual meeting of the Society of Behavioral Medicine, New Orleans, LA*. March 1998.
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12. Roski J, Jeddelloh R, Roemhild H, Werb P, Koele R, **Sherwood NE**. Impact of the implementation of clinical guidelines on smoking cessation on practice patterns and patient quit rates. Panel presentation at *Building Bridges IV: Improving the Public's Health Through Research Partnerships*. Oakland, CA, May 1998.
13. Roski J, Jeddelloh R, Roemhild H, Werb P, Koele R, **Sherwood NE**. Implementing smoking cessation practice guidelines in primary care. Poster to be presented at the *American Association of Health Services Research 15th Annual Meeting*. Washington, DC, June 1998.
14. **Sherwood NE**, Neumark-Sztainer D, Story M, Beuhring T, Resnick MD. Risk and protective factors associated with sports involvement in adolescence. Poster presented at the *32nd annual meeting of the Association for the Advancement of Behavior Therapy*. Washington DC.
15. **Sherwood NE**, Jeffery RW, Hennrikus, D, Murray DM, Lando H. Smokers with multiple behavioral risk factors: How are they different? Paper presented at the *20th annual meeting of the Society of Behavioral Medicine*, San Diego, March, 1999.

16. French SA, Jeffery RW, **Sherwood NE**, Neumark-Sztainer D. Prevalence and correlates of binge eating in a nonclinical sample of women enrolled in a weight gain prevention program. Paper presented at the *20th annual meeting of the Society of Behavioral Medicine*, San Diego, March, 1999.
17. Jeffery RW, Rothman A, French SA, **Sherwood NE**. Stage of change for weight control. Paper presented at the *20th annual meeting of the Society of Behavioral Medicine*, San Diego, March, 1999.
18. **Sherwood NE**, Story M, Mellin A, Murtaugh M, Davis M. 8-10 year old African American girls and their mothers: Diet, activity, and behavioral risk factors for obesity. Poster presented at the *22nd annual meeting of the North American Association for the Study of Obesity*. Long Beach, California. 2000.
19. **Sherwood NE**, Jeffery RW, Levy RL, Boyle RG, Pronk NP. Weight control self-efficacy and depression in overweight men & women. Oral presentation at the *2002 Nutrition Week Conference*. San Diego, CA. February 2002.
20. **Sherwood NE**. Innovative community level interventions targeting obesity among women. Invited presentation at the *American Psychological Associations Women's Health Conference*. Washington DC. February 2002.
21. Pronk NP, **Sherwood NE**, Jeffery RW, Brelje K, Hase K, Boyle RG. Home-based diet and activity resources predict physical activity level among overweight and obese. Presented at the *Annual Conference of the American College of Sports Medicine (ACSM)*, St. Louis, MO, 2002.
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26. **Sherwood NE**, Pronk NP, Jeffery RW, Boucher JL, Hanson A, Boyle R, Brelje K, Hase K. Mail and phone interventions for weight loss in a managed-care setting: Weigh-To-Be two-year outcomes. Presented at the *Annual Meeting of the Society of Behavioral Medicine*, Baltimore, MD. March 2004.
27. Martinson BC, Sherwood NE, Crain LA, O'Connor PJ, Pronk NP. Keep Active Minnesota: RE-ALIMing a RCT of physical activity maintenance in older adults. Presented at the *Annual Meeting of the American College of Sports Medicine*, Nashville, TN. June 2005.
28. Lewis BA, Martinson BC, Anderson LH, **Sherwood NE**. The evaluation of a health club physical activity reimbursement program among members of a health plan. Presented at the *Annual Meeting of the Society of Behavioral Medicine*, San Francisco, CA. March 2006.
29. **Sherwood NE**, Flattum CF, Martinson BC, Crain AL, Engebretson KI, Speicher KJ. Novel approaches to weight loss maintenance: The Keep It Off pilot study. Poster presentation at the *Annual Meeting of the HMO Research Network*, Boston MA. May 2006.

30. **Sherwood NE**. Obesity research at the HealthPartners Research Foundation: past, present, pending work & future opportunities. Presentation at the *Annual Meeting of the HMO Research Network*, Boston MA. May 2006.
31. Esposito JL, Chu DW, Lehman E, Boan J, **Sherwood N**, Horlacher P, Sciamanna CN. Long-term weight loss maintenance in the United States. Poster presentation at *the Annual Meeting of the Society of Behavioral Medicine*, San Diego, CA. March 2008.
32. Fontaine P, Wall M, **Sherwood N**, Dayman C. Helping women achieve healthy weight in pregnancy. Presented at the *Minnesota Academy of Family Physicians 28th Annual Research Forum*, St. Paul, MN. April 2008.
33. Fontaine P, **Sherwood N**, Wall M, DeFor T, Dayman C. Merging PBRN data sets to investigate demographic patterns of pregnancy weight gain. Presented at the *AHRQ National PBRN Research Conference*, Bethesda, MD. June 2008.
34. Lewis B, Avery M, Martinson B, **Sherwood, N**. The evaluation of a telephone-based exercise intervention for pregnant and post-partum women: a pilot study. Poster presentation at the *Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN. May 2008.
35. Levy R, **Sherwood N**, Langer S, Reid R, Ballard S. Overweight children and parental perceptions. Poster presented at the *Annual Meeting of the American College of Gastroenterology*, Orlando, FL. October 2008. *2008 ACG Presidential Poster Award Recipient.
36. Rock CL, Flatt SW, Karanja N, Pakiz B, Thomson CA, **Sherwood NE**. Dietary restraint and disinhibition in overweight or obese women in a multi-site randomized clinical trial of a weight loss program. Poster presented at the *Annual Meeting of the Eating Disorder Research Society*, Montreal, Quebec CA, September, 2008.
37. Rock CL, Flatt SW, Karanja N, Pakiz B, **Sherwood N**, Thomson C. A multi-site randomized trial of the Jenny Craig Weight Loss Program. Poster presented at the *Annual Meeting of the Obesity Society*, Phoenix, AZ. October, 2008.
38. Welsh E, **Sherwood NE**, Van Wormer J, Hotop A, Jeffery RW. The effects of self-weighing on weight change and body shape satisfaction in a telephone-based weight loss trial. Poster presented at the *Annual Meeting of the Obesity Society*, Phoenix, AZ. October 2008.
39. Hearst M, Lytle L, Fulkerson J, **Sherwood NE**, Pasch K, Klein E. Parental perceptions of and concern for their adolescent's weight status: The Etiology of Childhood Obesity (ECHO) study. Poster presented at the *Annual Conference of the International Society of Behavioral Nutrition and Physical Activity*, Lisbon, Portugal. June 2009.
40. Rock CL, Flatt SW, Karanja N, Pakiz B, **Sherwood NE**, Thomson CA. One-year results from a multi-site randomized trial of a commercial weight loss program. Poster presented at the *27th Annual Scientific Meeting of the Obesity Society*, Washington, DC. October 2009.
41. Hellerstedt WL, Fontaine P, **Sherwood N**, Avery M. What attitudes do women hold about prenatal weight gain? Presented at the *North American Primary Care Research Group (NAPCRG) Annual Meeting*, Le Centre Sheraton Montreal Hotel. November 2009.
42. Arterburn D, Coleman K, Sidney S, **Sherwood NE**, Haneuse S, O'Connor PJ, Joe Selby JV. Health outcomes of bariatric surgery in individuals with type 2 diabetes. Poster at the *HMO Research Network Annual Conference, 16th: "Emerging Frontiers in Healthcare Research and Delivery"*, Austin, TX. Mar 2010.
43. Martinson BC, Hanson LR, **Sherwood NE**, Crain AL, Hayes M, Matthews R, Cooner J. Changes in physical activity and nutrition in a behavioral intervention pilot study – Passport to Brain Wellness. Presented at the *Annual Meeting of the HMORN*, Austin, TX. March 2010

44. Senso MM, Crain AL, Anderson JD, Hayes MG, Martinson BC, O'Connor PJ, Jeffery RW, **Sherwood NE**. Does physical activity promote positive body image in recent weight losers? Poster presented at the *31st Annual Meeting of the Society of Behavioral Medicine*, April 7-10, 2010, Seattle, WA.
45. **Sherwood NE**, Rock C, Flatt S, Karanja N, Thomson C. Mediators of weight loss in a multi-site randomized trial of a commercial weight loss program. Poster presented at the *31st Annual Meeting of the Society of Behavioral Medicine*, April 7-10, 2010, Seattle, WA.
46. **Sherwood NE**, Crain AL, Martinson BC, Hayes MG, Anderson JD, O'Connor PJ, Jeffery RW. Enhancing long-term weight loss maintenance: Keep It Off trial design & baseline data. Poster presented at the *31st Annual Meeting of the Society of Behavioral Medicine*, April 7-10, 2010, Seattle, WA.
47. Crain AL, Martinson BC, **Sherwood NE**, O'Connor PJ. The long and winding road to physical activity maintenance. Poster presentation at the *Society for Behavioral Medicine Annual Meetings*, April 7-10, 2010, Seattle, WA
48. Senso MM, **Sherwood NE**, Crain AL, Martinson BC, Hayes MG, Anderson JD, O'Connor PJ. Comparing characteristics of adults who successfully lost weight using exercise or non-exercise focused methods. Presented at the *Annual Meeting of the American College of Sports Medicine*, June 2-4, 2010, Baltimore, MD
49. Hanson LR, Martinson BC, **Sherwood NE**, Crain AL, Hayes MG, O'Connor PJ, Matthews RB, Cooner JM. Changes in physical activity and nutrition in a behavioral intervention pilot study – Passport to Brain Wellness. Presented at the *Annual Meetings Of The International Society For Behavioral Nutrition And Physical Activity*, June 9-12, 2010, Minneapolis, MN
50. **Sherwood NE**; Rock CL; Flatt SW; Karanja N; Pakiz B; Thomson CA. Mediators of weight loss in a multi-site randomized trial of a commercial weight loss program: the role of restraint and disinhibition. Presented at the *International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Conference*. Minneapolis, MN. Jun 2010.
51. Hanson LR, Martinson BC, **Sherwood NE**, Crain AL, Hayes MG, O'Connor PJ, Barclay TR, Matthews RB, Cooner JM. Changes in cognitive function and plasma biomarkers in a pilot trial of a multi-domain intervention to prevent cognitive decline. Presented at the *Alzheimer's Association International Conference On Alzheimer's Disease*, July 10-15, 2010, Honolulu, Hawaii
52. **Sherwood NE**. Healthy Home. 12th Annual Obesity Conference, Sept 8-11, 2010, University of Kansas.
53. Thomson C, Flatt SW, **Sherwood NE**, Karanja N, Pakiz B, Rock CL. Predictors of change in metabolic and cardiovascular risk factors among overweight women participating in a clinical weight loss trial. Poster presented at the *Annual Meeting of the Obesity Society*, San Diego, CA, October 2010.
54. **Sherwood NE**, Rock CL, Flatt SW, Karanja N, Pakiz B, Thomson C. Binge status and depression as predictors of weight loss in a multi-site randomized trial of a commercial weight loss program. Poster presented at the *Annual Meeting of the Obesity Society*, San Diego, CA, October 2010.
55. Arterburn D; Bogart A, Campos GM, Coleman K, Haneuse S, McCulloch D, O'Connor PJ, **Sherwood NE**, Sidney S, Theis MK, Selby J. Type 2 Diabetes Mellitus following bariatric surgery: long-term remission, relapse and effectiveness versus nonsurgical treatment. A multisite study with 4,353 subjects. Poster at the *2nd World Congress on Interventional Therapies for Type 2 Diabetes*. New York, NY. March 2011.
56. Parker ED, Adams KF, Daley MF, Schneider NK, Tavel HH, **Sherwood NE**, Sinaiko AR, Magid DJ, Margolis KL, O'Connor PJ, Kharbanda EO. Patterns of blood pressure

- measurement at pediatric primary care visits in large medical group practices. Presented at the *15th Minnesota Health Services Research Annual Conference*. St. Paul, MN March 2011.
57. Fontaine L, DeFor, TA, Hellerstedt W, **Sherwood NE**, McGovern PM, Nachreiner NM, Gjerdingen D. Maternal obesity and postpartum healthcare utilization. Presented at *18th Annual HMO Research Network Conference*, Seattle, WA. April 30, 2011
 58. **Sherwood NE**, Intervention Common Elements. Presented at the Childhood Obesity Prevention and Treatment Research (COPTR) Consortium in Bethesda, MD. May 16, 2011.
 59. O'Connor PJ, Arterburn D, Bogart A, Campos GM, Coleman KJ, Haneuse S, McCulloch D, **Sherwood NE**, Sidney S, Theis MK, Selby J. Impact of bariatric surgery on long-term remission and relapse of Type 2 Diabetes Mellitus: multi-site study. Poster presented at the *American Diabetes Association, 71st Scientific Sessions*, San Diego, CA. June 26, 2011
 60. Martinson BC, VazquezBenitez GX, Patnode C, Hearst MO, **Sherwood NE**, Parker ED, Sirard J, Pasch KE, Lytle LA. Obesogenic family types identified through latent profile analysis. Poster presented at the *HealthPartners Research Foundation Celebration of Research Conference*, Minneapolis, MN. September 26, 2011
 61. Fontaine P, DeFor T, Hellerstedt W, **Sherwood N**, McGovern, P, Nachreiner, N. "Maternal obesity and postpartum health care utilization." *Powell Women's Health Research Conference*, Minneapolis, MN. September 2011.
 62. McGovern P, Gjerdingen D, Hellerstedt W, Nachreiner N, Defor T, **Sherwood N**, Fontaine P. "Exploring disparities in depression screening among prenatal and postpartum women." *Deborah E. Powell Center for Women's Health 7th Annual Women's Health Research Conference*, Minneapolis, MN. September 2011.
 63. Nachreiner N, McGovern P, Hellerstedt W, Defore T, Sherwood N, Fontaine P. "Association of occupational exposures during pregnancy and maternal and infant health outcomes." *Deborah E. Powell Center for Women's Health 7th Annual Women's Health Research Conference*, Minneapolis, MN. September 2011.
 64. McGovern P, Gjerdingen D, Hellerstedt W, Nachreiner N, DeFor T, **Sherwood N**, Fontaine P. "Disparities in depression screening among prenatal and postpartum women." *AcademyHealth Annual Research Meeting*, Seattle, Washington. 2011.
 65. Crowell MD, Levy RL, Senso MM, Langer SL, **Sherwood NE**. Evaluation of eating behaviors and quality of life in pre-adolescent children at risk for obesity with and without abdominal pain. Presented at the *Oral Plenary Session, American College of Gastroenterology 2012 Annual Meeting*, Las Vegas, NV. March 2012
 66. Langer SL, **Sherwood NE**, Levy RL, Senso MM, Hayes MG, Anderson J, Veblen-Mortenson S, DuPen M, Ballard S, Swanson K, O'Leary M, Jensen C, Fleming CK, Roeder A, Jeffery RW. An authoritarian parenting style predicts child emotional overeating above and beyond child BMI and restrictive feeding. Presented at the *Society of Behavioral Medicine, Annual Meeting*, New Orleans LA. April 2012.
 67. Fuglestad PT, Rothman AJ, Jeffery RW, **Sherwood NE**. The effect of regulatory focus on performance in a weight-loss maintenance intervention. Presented at the *Society of Behavioral Medicine, Annual Meeting*, New Orleans LA. April 2012.
 68. Fontaine P, Defor T, Hellerstedt W, **Sherwood N**, McGovern P, Nachreiner N, Gjerdingen D. "Maternal obesity and postpartum healthcare utilization." *18th Annual HMORN Conference*, Seattle, WA. April 2012.
 69. Senso M, Trost SG, Fleming CK, Rein DM, Levy RL, Langer SL, Jeffery RW, Hayes, MG, **Sherwood NE**. Promoting parenting skills to increase physical activity and decrease television

- viewing in children. Presented at the *American College of Sports Medicine*, Annual Meeting, San Francisco, CA, May 2012.
70. Fontaine PL, DeFor TA, Hellerstedt WL, **Sherwood NE**, McGovern PG, Nachreiner NM, Gjerdingen D. Obesity and health care utilization. Presented at the *HMO Research Network (HMORN) 18th Annual Conference--Learning Health Care Systems: Leading Through Research*. Seattle, WA. May 2012.
 71. Adams KF, Sinaiko AR, Lo JC, Magid DJ, Kharbanda EO, Daley MF, Parker ED, Greenspan L, Margolis KL, **Sherwood NE**, Schneider NK. CB1-01 Prevalence of HT in children: comparison between task force recommendations and average of multiple measurements over 2 or 4 years [abstract]. *Clinical Medicine & Research*. 2012 Aug;10(3):154-5. PMID: PMC3421401. Notes: Presented at the *HMO Research Network (HMORN) 18th Annual Conference--Learning Health Care Systems: Leading Through Research*, Seattle, WA, May 2012.
 72. Parker ED, O'Connor PJ, Trower NK, Tavel HM, **Sherwood NE**, Kharbanda EO, Daley MF, Adams KF, Jacobs DR, Sinaiko AR, Margolis KL, Lo JC, Magid DJ. Impact of BMI and change in BMI on progression from normotension to prehypertension or hypertension in patients ages 3-17. Poster at the *HealthPartners Celebration of Education and Research*. Minneapolis, MN. Sep 2012. Project Number: A08-087 Pediatric Hypertension
 73. Schauer DP, Arterburn DE, Livingston EH, Coleman K, Sidney S, O'Connor PJ, **Sherwood NE**, Fischer D, Eckman MH. Impact of bariatric surgery on life expectancy in adults with diabetes. Poster at the *HealthPartners Celebration of Education and Research*. Minneapolis, MN. Sep 2012.
 74. **Sherwood NE**, Crain LA, Martinson BC, Anderson CP, Hayes MG, Anderson JD, Senso MM, Kunin RW. Enhancing long-term weight loss maintenance: 2 year results from the Keep It Off trial. Poster at the *HealthPartners Celebration of Research*. Minneapolis, MN. Sept, 2012. Project Number: A06-025 Keep It Off
 75. Dow CA, Thomson CA, Flatt SW, **Sherwood NE**, Karanja N, Pakiz B, Rock CL. Magnitude of long term changes in cardiometabolic risk factors are influenced by percent weight loss and baseline measures in adult women. Presented at the *Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions*, New Orleans, LA. March 2013.
 76. Senso MM, Seburg EM, **Sherwood NE**. Activity patterns of preschool aged children at risk for obesity. Poster presented at the *34th Annual Meeting & Scientific Session of the Society of Behavioral Medicine*. San Francisco, CA. March 2013.
 77. Roeder AM, Senso MM, **Sherwood NE**. Evaluation of phone coaching quality in an obesity prevention intervention. Poster presented at the *34th Annual Meeting and Scientific Session of the Society of Behavioral Medicine*. San Francisco, CA. March 2013.
 78. Kunin-Batson AS, Roeder AM, **Sherwood NE**. The role of household factors and family behavior patterns on children's physical activity and dietary intake. Poster presented at the *34th Annual Meeting and Scientific Session of the Society of Behavioral Medicine*. San Francisco, CA. March 2013.
 79. Seburg EM, Senso MM, Kunin-Batson AS, **Sherwood NE**. Are parental perceptions of child weight related to parental weight-related behaviors? Poster presented at the *34th Annual Meeting and Scientific Session of the Society of Behavioral Medicine*. San Francisco, CA. March 2013.

80. Jones RS, **Sherwood NE**, National Dental PBRN Collaborative Group. Innovative and time efficient nutritional counseling for pediatric patients. Presented at the *National Dental PBRN, Midwest Region Inaugural Meeting*. Minneapolis, MN. March 2013.
81. Parker ED, O'Connor PJ, Trower NK, Tavel HM, **Sherwood NE**, Kharbanda EO, Daley MF, Adams KF, Jacobs DR, Sinaiko AR, Margolis KL, Greenspan LC, Lo JC, Magid DJ. Association of BMI and change in BMI on progression from normotension to prehypertension or hypertension in patients ages 3-17. Presented at the *Minnesota Health Services Research 17th Annual Conference*. Minneapolis, MN. March 2013.
82. Kharbanda EO, Parker ED, Sinaiko AR, Daley MF, Margolis KL, Becker MT, Adams KF, **Sherwood NE**, Magid DJ, O'Connor PJ. Impact of oral contraceptives on adolescent blood pressure and BMI. Poster at the *Minnesota Health Services Research 17th Annual Conference*. St. Paul, MN. March 2013.
83. Adams KF, Sinaiko AR, Lo JC, Magid DJ, Kharbanda EO, Daley MF, Parker ED, Greenspan LC, Margolis KL, **Sherwood NE**, Trower NK, O'Connor PJ. Diagnosis of pediatric hypertension depends on clinical practice guideline definitions. Poster at the *HMO Research Network 19th Annual Conference: Advancing Research in the Era of Healthcare Reform*. San Francisco, CA. April 2013.
84. Parker ED, O'Connor PJ, Trower NK, **Sherwood NE**, Kharbanda EO, Daley MF, Adams KF, Jacobs DR Jr, Sinaiko AR, Margolis KL, Greenspan L, Lo JC, Magid DJ. Impact of BMI and change in BMI on progression from normotension to prehypertension or hypertension in patients ages 3-17. Presented at *HMORN, 19th Annual Conference*, San Francisco CA, April 2013.
85. Lo JC, Maring B, Chandra M, Daniels SR, Sinaiko AR, Daley MF, **Sherwood NE**, Kharbanda EO, Parker ED, Adams KF, Prineas RJ, Magid DJ, O'Connor PJ, Greenspan LC. Prevalence of obesity and extreme obesity in children aged three to five years. Presented at the *HMO Research Network 19th Annual Conference: Advancing Research in the Era of Healthcare Reform*. San Francisco, CA. April 2013.
86. O'Connor PJ, Adams KF, Kharbanda EO, Sinaiko AR, Lo JC, Magid DJ, Daley MF, **Sherwood NE**, Greenspan LC. Frequency and results of glucose screening in children and adolescents 2007-2011. Presented at the *HMO Research Network 19th Annual Conference: Advancing Research in the Era of Healthcare Reform*. San Francisco, CA. April 2013.
87. Margolis KL, Trower NK, Kharbanda EO, Parker ED, Adams KF, Sinaiko A, **Sherwood NE**, Lo JC, Greenspan LC, Chandra M, Magid DJ, Daley MF, Daniels S, Tavel HM, O'Connor PJ. Lipid screening in children and adolescents in community practice 2007-2010. Presented at the *AHA's Quality of Care and Outcomes Research 2013 Scientific Sessions*. Baltimore, MD. May 2013.
88. Kharbanda EO, Parker ED, Sinaiko AR, Daley MF, Margolis KL, Becker M, Adams KF, **Sherwood NE**, Magid DJ, O'Connor, PJ. Impact of oral contraceptives on adolescent blood pressure and BMI. Presented at the *Pediatric Academic Societies 2013 Annual Meeting*. Washington DC, May 2013.
89. Parker ED, Kharbanda EO, O'Connor PJ, Trower NK, Tavel HM, **Sherwood NE**, Adams KF, Jacobs DR Jr, Sinaiko AR, Margolis KL, Magid DJ, Daley MF. Association of BMI and change in BMI on progression from normotension to prehypertension or hypertension in patients ages 3-17. Presented at the *Pediatric Academic Societies 2013 Annual Meeting*. Washington DC, May 2013.
90. Rock CL, Flatt SW, **Sherwood NE**, Brelje K, Heath DD, Leone AF, Pakiz B, Taylor KS. Weight loss and metabolic response to a commercial weight loss program in type 2 diabetes. Presented at the *American Diabetes Association, 73rd Scientific Sessions*, Chicago IL, June 2013.

91. O'Connor PJ, Trower NK, Sinaiko A, Margolis KL, Kharbanda EO, Parker ED, **Sherwood NE**, Adams KF, Lo JC, Greenspan LC, Magid D, Daley M. Glucose screening and identification of pre-diabetes in children and adolescents 2007-2011 [abstract 1313-P]. *Diabetes*. 2013 Jul;62(Suppl). [Presented at the *American Diabetes Association 73rd Scientific Sessions*, Chicago, IL, Jun 2013.]
92. Seburg EM, Senso MM, Hayes MG, Crain AL, Kunin-Batson AS, Anderson JD, Tucker AD, Fleming CK, Roeder AM, Rein DM, Langer SL, Levy RL, **Sherwood NE**. Healthy Homes/Healthy Kids 5-10: Results from baseline analysis. Poster presented at the *HealthPartners Institute for Education and Research Annual Celebration of Education and Research*, Minneapolis, MN. Sept 2013. Project Number: A08-132 Healthy Homes Healthy Kids 5-10.
93. Becker MT, **Sherwood NE**, O'Connor PJ, Arterburn DE, Bogart A, Coleman KJ, Haneuse S, Selby JV, Sidney S, Theis MK, Campos GM, McCulloch D. Comparative effectiveness of bariatric surgery vs. nonsurgical treatment of type 2 diabetes among severely obese adults. Poster at the *HealthPartners Celebration of Education and Research*. Minneapolis, MN. Sept 2013.
94. DeFor TA, **Sherwood NE**, O'Connor PJ, Arterburn DE, Bogart A, Sidney S, Coleman KJ, Haneuse S, Theis MK, Campos GM, McCulloch D, Selby JV. A multisite study of long-term remission and relapse of type 2 diabetes mellitus following gastric bypass. Poster at the *HealthPartners Celebration of Education and Research*. Minneapolis, MN. Sept. 2013.
95. **Sherwood NE**. Primary care prevention of obesity in children and adults. Speaker at the *University of Minnesota, Psychiatry Update Spring 2014: Pursuing Wellness Across the Lifespan*. Minneapolis, MN. April 3, 2014.
96. Must A, Curtin C, Boutelle K, DiBari J, Donnelly J, Fleming R, Fox MH, Hassink S, Humpries K, Kral T, Odoms-Young A, Rimmer J, Segal M, **Sherwood NE**, Sikich L, Stanish H, Bandini L. Establishing a Research Network Agenda for Promoting Healthy Weight among Children with Autism Spectrum Disorder and Developmental Disabilities (ASD/DD). Presentation at the *142nd APHA Annual Meeting and Exposition*. New Orleans, LA. November 2014.
97. Beck AL, Dimidjian SA, **Sherwood NE**, Goodman SH, Welch SS, Ludman EJ, Boggs JM, Metcalf CX, Simon GE. Behavioral activation therapy for perinatal depression: Preliminary results from a multisite randomized trial. Presented at the *HMO Research Network 20th Annual Conference: Embedded Research to Improve Health*. Phoenix AZ. April 2014.
98. Must A, Eliasziw M, Phillips S, Curtin C, Kral T, Segal M, **Sherwood NE**, Sikich L, Stanish H, Bandini L. Prevalence of obesity in children with and without autism: disparity increases across pre-adolescent and adolescent ages. Poster presented at the *2nd Annual ObesityWeek Meeting*, Boston, MA. November 2014.
99. Butryn ML, Forman EM, Keefe FJ, McAuley E, **Sherwood NE**, Stevens VJ. Building and Managing a Clinical Research Team. Poster for presentation at the *36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*, San Antonio, TX. April 2015.
100. Crain AL, **Sherwood NE**, Forman EM, Butryn M, Almirall D, Jeffery R, Levy RL. Achieving clinically significant weight loss: how soon can we respond to non-responders? Paper and poster for presentation at the *36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*, San Antonio, TX. April 2015.
101. Jaka, MM, Levy R, Langer SL, **Sherwood NE**. Do parents choose the topics that matter?: correlations of weight-related topics discussed during a tailored pediatric obesity prevention intervention. Poster presented at the *Association for Behavioral and Cognitive Therapies 49th Annual Convention*. Chicago, IL. November 2015.

102. Symons D, **Sherwood NE**, Spring B. Optimization of behavioral interventions: three real-world applications. Symposium at the *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*, Washington ,DC. March 2016.
103. JaKa MM, French SA, Lorencatto F, Levy LL, Wolfson J, Michie S, Bredeson DM, Langer SL, Colombo MJ, **Sherwood NE**. Measuring behavior change techniques to improve pediatric obesity prevention interventions. *The Obesity Society's Annual Meeting*. New Orleans, LA November 2016.
104. Heerman W, Jaka M, Berge J, Trapl E, Sommer E, Jackson N, Haapala J, Kunin-Batson A, Olson-Bullis B, Hardin H, **Sherwood N**, Barkin S. The Dose of Behavioral Interventions to Prevent and Treat Childhood Obesity: A Systematic Review and Meta-Regression. Poster Presentation at the 2017 Pediatric Academic Societies Annual Meeting. San Francisco, CA. May 6, 2017.

GRANT FUNDING

Active

Evaluating Options for Non-Responders: A SMART Approach to Enhancing Weight Loss (BestFIT)

Contract Number: R01CA188892

Source: NCI

PI: Nancy E. Sherwood

Start Date: July 2014

Duration: 5 Years

Adaptive interventions that offer "the right treatment at the right time for the right person" are needed to increase the number of people who can successfully lose weight. Sequential Multiple Assignment Randomized Trial (SMART) designs were developed to build optimal adaptive interventions, but have not yet been applied to obesity treatment. The BestFIT trial will evaluate the optimal timing and therapeutic approach for improving weight loss outcomes among non-responders to state-of-the-art behavioral weight loss programs.

Virtual Role-Plays to Reduce the Occurrence of Childhood Obesity

Contract Number: 9R44DP005954-02

Source: CDC/DHHS

Prime Site: Simmersion

Role on Project: Site-PI

Start Date:11/01/2014

Duration: 2 Years

Develop, evaluate, and disseminate a computer-based training system with role-play simulations to train health care providers to effectively conduct discussions with parents and children to provide intervention for and reduce the likelihood of progression to childhood obesity. The three role-play practice sessions will allow health care providers to practice (1) sharing concerns about a child's weight with a parent, (2) conducting a follow-up visit with the parent of an overweight child a month after the initial discussion regarding weight, and (3) involving the child in a conversation about healthy choices.

Minnesota Family Environmental Exposure Tracking (MN FEET)

Contract Number:

Source: MN Dept of Health

PI: Jessica Nelson

Role on Project: Site-PI

Start Date:10/20/2014

Duration: 2 Years

HealthPartners Institute for Education and Research will assist with recruitment for MN FEET, a MDH study which is examining mercury, lead and cadmium exposure in pregnant women and newborns.

Healthy Kids after Cancer: A Physical Activity and Nutrition Intervention

Contract Number: R21CA182727

Source: NCI

PI: Alicia S. Kunin-Batson

Role on Project: Co-I

Start Date: 07/01/2014

Duration: 2 Years

The study will evaluate the feasibility, acceptability, and potential efficacy of a parent-targeted, phone-based program to prevent unhealthy weight gain and improve biomarkers of oxidative stress and inflammation among childhood ALL survivors. Results will inform a large-scale, multisite trial grant application.

Childhood Obesity Prevention: Impact of Cognitive Development and HPA-Axis Regulation

Contract Number: N/A
Research

Source: HealthPartnersInstitute for Education and

PI: Alicia S. Kunin-Batson
Start Date: 12/01/2013

Role on Project: Co-I
Duration: 1 Year

The study leverages an existing large-scale study of preschool children (2-4 years of age) participating in a randomized controlled obesity prevention trial. Using baseline data from this large cohort (n=500), we will examine the relationships between physical activity, TV viewing, dietary intake and cognitive functioning. We will also conduct exploratory analyses to investigate a possible physiological mechanism through which weight-related behaviors may influence cognitive functioning (i.e., the hypothalamic-pituitary-adrenal-axis). This study represents the first step in a program of research aimed at understanding the extent to which children's weight-related behaviors impact their cognitive development, and will lay the groundwork for an external grant to fund a longitudinal study examining these relationships over time and in response to intervention. Ultimately, if lifestyle behaviors important for obesity prevention are found to play an even broader role in children's cognitive development beyond weight control, this would provide further impetus for the adoption of healthy lifestyle behaviors and a potential new avenue through which to engage stakeholders in healthy eating and physical activity.

Modeling the Health and Economic Impact of Recommended and/or Promising Interventions in the Areas of Obesity Prevention, Tobacco Control, Cardiovascular Disease, and Community Level Implementation of the National Prevention Strategy

Contract Number: 200-2012-53738
PI: Michael V. Maciosek
Start Date: 09/26/2012

Source: CDC
Role on Project: Faculty
Duration: 2.5 Years

The specific purpose of this contract is to develop rigorous evidence-based microsimulation models that would use comparable and consistent methodology in estimating the health and economic impact of proven clinical and community-level interventions as well as other promising policy interventions in three risk areas related to chronic disease (obesity, tobacco use/second hand smoke, and cardiovascular disease), as well as to assess the health, economic and budget impact of implementing a set of selected activities representing the broad range of strategic directions and priorities of the National Prevention Strategy in a hypothetical community. The overall objective is to strengthen the evidence base on the health and economic impact of recommended and/or promising interventions and policies in each of the four highlighted areas of work.

Impact of Bariatric Surgery on Long-term Diabetes Remission and Complications

Contract Number: R01DK092317
PI: David E. Arterburn
Start Date: 08/19/2012

Source: NIDDK/DHHS
Role on Project: Site-PI
Duration: 4 Years

The UKPDS and the DCCT studies have previously shown that transient periods of relatively better glycemic control resulted in significant long-term benefits in terms of reduced microvascular and macrovascular complications, even though the levels of glycemic control eventually became identical between intervention and control subjects when the randomization period ended. The prolonged beneficial effects of improved glycemic control observed in these studies have been termed the "legacy effect" or "metabolic memory." The goal of our proposed study is to investigate whether there is a legacy effect induced by bariatric surgery.

EHR-Based Clinical Decision Support to Improve BP Management in Adolescents

Contract Number: R01HL115082

Source: NHLBI

PI: Elyse O. Karbanda
Start Date: 08/01/2012

Role on Project: Co-I
Duration: 5 Years

Over the past few decades, rates of hypertension have increased substantially among adolescents, yet diagnosis and care of hypertension in this age group continues to be suboptimal. This project (a) uses electronic health record (EHR) technology to deliver patient-specific clinical decision support (CDS) to adolescent providers at the point of care, (b) assesses the impact of this intervention on identification and clinical care of hypertension in adolescents, and (c) assesses the impact of the intervention on costs of care. The innovative intervention provides a useful template for extending EHR-based clinical decision support to other domains of adolescent care, in order to translate massive public and private investments in EHR technology into improved adolescent health outcomes.

MN Ctr for Childhood Obesity Prevention: Linking Primary Care, Community & Family (NET-Works)

Contract Number: 1U01HD068890

Source: NICHD

Co-PI: Nancy E. Sherwood/Simone French (University of Minnesota)

Start Date: 08/31/2010

Duration: 7 years

The goal of this Center grant are to translate a novel integration of primary care, home, and community-based intervention strategies developed in community settings into a comprehensive program that links intervention strategies across settings to promote sustained patterns of change in food intake, physical activity, and body weight among low income, ethnically diverse children.

Recently Completed Support

Minnesota Obesity Center (Competitive Renewal)

Contract Number: P30DK50456

Source: University of Minnesota

PI: Allen S. Levine

Role on Project: Site-PI

Start Date: 04/01/2011

Duration: 5 Years

Infrastructure funding to support the development of obesity research agenda within the health care delivery system. This proposal includes a budget for bridge funding to begin 9/1/05 and a 5-year budget to begin 4/1/06.

Healthy Homes/Healthy Kids: Pediatric Primary Care Based Obesity Prevention

Contract Number: R01DK084475

Source: NIDDK/DHHS

PI: Nancy E. Sherwood (Co-PI: Rona Levy, University of Washington)

Start Date: 09/10/09

Duration 6 years

The goals of this study is to evaluate the long-term efficacy of a pediatric primary care based obesity prevention intervention for at-risk 5-9 year old children.

Childhood Hypertension and Obesity: Diagnosis, Care, and Costs

Contract Number: 1R01HL093345

Source: NHLBI

PI: Patrick O'Connor

Role on Project: Co-I

Start Date: 08/15/09

Duration: 5 Years

Multi-center study to examine predictors of and patterns of care regarding pediatric hypertension.

Feasibility of Behavioral Activation Therapy for Perinatal Depression/AIM (Active Involved Moms) for Wellness

Site PI: Nancy E. Sherwood

Source: NIMH

Start Date: 07/01/2011

Duration: 4 Years

The primary aim of this pilot project is to build the capacity for and evaluate the feasibility of conducting innovative, efficient multisite, randomized clinical effectiveness trials within the Mental Health Research Network (MHRN). A secondary aim is to conduct a multisite pilot randomized clinical trial of a brief, structured Behavioral Activation (BA) intervention for women with perinatal depression. Study aims are

to demonstrate the feasibility of innovative and efficient methods for multi-site comparative and effectiveness trials in mental health, including: 1) screening for depression at the point of care and via low-cost mail and web surveys; 2) training real-world clinicians to delivery a structured behavioral activation intervention; 3) deliver a structured psychotherapy intervention via telephone contacts and clinic visit; and 4) assess outcomes via low-cost web or interactive voice response surveys.

**Mental Health Research Network: A Population-Based Approach to Transform Research:
Subproject Perinatal Depression**

Contract Number: 1U19MH092201 (Subproject) Source: NIMH
PI: Greg Simon, Group Health Research Institute Role on Project: Site PI
Start Date: 07/01/2011 Duration: 3 Years

The primary aim of this pilot project is to build the capacity for and evaluate the feasibility of conducting innovative, efficient multisite, randomized clinical effectiveness trials within the Mental Health Research Network (MHRN). A secondary aim is to conduct a multisite pilot randomized clinical trial of a brief, structured Behavioral Activation (BA) intervention for women with perinatal depression. Study aims are to demonstrate the feasibility of innovative and efficient methods for multi-site comparative and effectiveness trials in mental health, including: 1) screening for depression at the point of care and via low-cost mail and web surveys; 2) training real-world clinicians to deliver a structured behavioral activation intervention; 3) deliver a structured psychotherapy intervention via telephone contacts and clinic visit; and 4) assess outcomes via low-cost web or interactive voice response surveys.

Take Charge: Randomized Clinical Trial of a Weight Loss Program in Type 2 Diabetes

Contract Number: Source: Jenny Craig
PI: Cheryl Rock Role: Site Principal Investigator
Start Date: 02/01/2012 Duration: 2 Years

The goals of this study are to test in a randomized controlled trial, whether participation in a commercial weight loss program promotes greater weight loss at 3 and/or 6 months and weight loss maintenance at one year in overweight or obese men and women with type 2 diabetes compared to usual care conditions. A secondary goal is to examine whether there is a differential weight loss response at 3 and/or 6 and/or 12 months to different dietary macronutrient composition (higher carbohydrate and lower fat versus lower carbohydrate and higher fat) in the weight loss intervention in these overweight or obese men and women with type 2 diabetes.

Clinician Role-Play Simulation to Reduce the Occurance of Childhood Obesity

Contract Number: Source: University of Minnesota
PI: Jayne Fulkerson Role on Project: Site-PI
Start Date: 03/23/2012 Duration: 6 Months

As a Phase I project, submitted as a Small Business Innovation Research (SBIR) proposal, SIMmersion LLC and collaborating investigators, will develop a prototype simulation in order to explore the feasibility of using the PeopleSim™ technology to train health care providers to effectively conduct discussion with parents to provide intervention for and reduce the likelihood of progression to childhood obesity. This prototype will allow for approximately 5-7 minutes of conversation with a simulated parent of an overweight child. It will be sufficient for evaluating the feasibility and potential usefulness of a full-length simulation.

Multi-Institutional Consortium for CER in Diabetes Treatment and Prevention

Contract Number: R01HS099859 Source: AHRQ
PI: Joe Selby (Kaiser Permanente-NC) Role on Project: Co-I
Start Date: 09/30/2010 Duration: 3 Years

The purpose of this project is to develop a multi-institutional research network for comparative effectiveness research in diabetes treatment and prevention. It includes multiple CER studies as well as a Diabetes Core to facilitate collaboration between sites.

Health outcomes of bariatric surgery in individuals with type 2 diabetes [DEcIDE]

Contract Number: HHSA290-2005-0033-1-TO-WA2 Source: AHRQ
PI: David Arterburn (Center for Health Studies) Role on Project: Site PI
Start Date 02/01/09 Duration: 1 year

The goal of this multi-center study is to use existing data to examine short and long-term diabetes-specific outcomes for individuals with type 2 diabetes who have undergone bariatric surgery vs. individuals who have been treated exclusively with usual care (oral agents, and/or insulin, and and/or oral agents plus insulin) including resolution of type 2 diabetes, changes in medication use, incident micro and macrovascular disease, impact of type of surgery performed, impact of surgical volume on outcomes, and risks, including complications and death.

Linking home environments and primary care: Obesity prevention for 2-5 year olds

Contract Number: 1R21DK078239 Source: NIDDK
PI: Nancy E. Sherwood
Start Date: 07/22/09 Duration: 3 Years

The goals of this pilot study is to evaluate the feasibility of potential efficacy of a pediatric primary care based obesity prevention intervention for at-risk preschool age children

A novel dietary improvement incentive strategy?: Examining the potential impact of Community Supported Agriculture Membership”

Source: HPRF Partnership Grant
PI: Nancy E. Sherwood
Start Date: 10/01/2008 Duration: 3 Years

The goal of this study is to examine the feasibility and acceptability of promoting CSA memberships in the worksite setting and to examine the impact of CSA membership on dietary intake and modifiable health potential scores (MHPS) among adult employees and family members.

Food, Attitudes, & Body (FAB)

Contract Number: 20073396
PI: Cheryl Rock (UCSD) Role on Project: Site-PI
Start Date: 09/01/07 Duration: 3 Years (1 year no-cost extension)

The goal of this study is to test, in 4 center randomized controlled trial, whether participation in the multifaceted traditional Jenny Craig Centre-based intervention and/or the Jenny Direct program is associated with a greater degree of weight loss at six, 12, and 18 months and whether weight loss is maintained over a 24-month period in overweight or obese women, compared to usual care or control conditions.

Preventing Excessive Weight Gain during Pregnancy: Developing Healthy Weight Gain Graphs for Use in Prenatal Care

Contract Number: Internal Source: HPRF Discovery Grant
PI: Nancy E. Sherwood
Start Date: 07/01/07 Duration: 2 Years

Use prenatal medical records data (n=3000) from HealthPartners Medical Group clinics to create clinically useful “Healthy Weight in Pregnancy” graphs similar to growth charts that are used in pediatric practice to gauge whether a child’s growth is progressing normally

National Children’s Study Subcontract

Source: This study is led by a consortium of federal agency partners including: the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC), the Department of Education (ED), and the U.S. Environmental Protection Agency (EPA)
PI: McGovern (University of Minnesota) Role on Project: Site-PI
Start Date: 2007 Duration: 5 Years

Pediatric Primary Care Obesity Prevention (Trec)

Contract Number: U54 CA116849
Research on Energetics & Cancer (TREC), NCI
PI: Nancy E. Sherwood
Start Date: 01/01/07

Source: Pilot & Feasibility Study, Transdisciplinary
Duration: 2 Years

The goals of this study are to test the feasibility of a relatively low cost intervention involving brief counseling by pediatricians and follow-up phone support, targeting obesity prevention in health care delivery settings.

Novel approaches to weight loss maintenance

Contract Number: R01CA128211
PI: Nancy Sherwood (30%)
Start Date: 09/28/2006

Source: NCI
Duration: 4 Year (+2 year no-cost extension)

The goals of this study are to evaluate the efficacy of a phone- and mail-based intervention designed to promote long term weight loss maintenance among adults who have recently lost weight.

ECHO – The Etiology of Childhood Obesity: A Longitudinal Study

Contract Number: R01HL085978 - (Lytle, Leslie)
PI: Leslie Lytle
Start Date: 09/01/06

Source: NHLBI
Role on Project: Co-I
Duration: 5 Years

This is an observational study of the etiology of childhood obesity in a sample of 400 child/parent pairs, recruited from membership of HealthPartners health plan.

Minnesota Obesity Center (Competitive Renewal)

Contract Number: P30DK050456
PI: Nancy E. Sherwood
Start Date: 04/01/2006

Source: NIDDK
Duration: 10 years

Infrastructure funding to support the development of obesity research agenda within the health care delivery system.

Proactive Telephone Counseling with Rural Smokeless Tobacco Users

Contract Number: RC-2004-0010
PI: Nancy Sherwood
Start Date: 05/01/04

Source: Minnesota Partnership for Action Against Tobacco
Duration: 3 Years

This study is evaluating the efficacy of a phone-based intervention to increase cessation of tobacco products among users of moist snuff and chewing tobacco.

Maintaining Physical Activity in Older Adult MCO Members

Contract Number: 1R01AG023410-01
PI: Brian Martinson
Start Date: 11/01/03

Source: NIA
Role on Project: Co-I
Duration: 5 Years (No Cost Extension)

This study evaluated the efficacy of a population-based approach to promoting PA maintenance among currently active older adults in a managed care setting.

Novel Approaches to Weight Loss Maintenance: A Pilot Study

Contract Number:
PI: Nancy E. Sherwood
Start Date: 09/01/03

Source: HPRF-HealthPartners
Research Foundation
Duration: 2 Years

The primary goals were to recruit participants who have recently lost weight to participate in a pilot study examining the feasibility of two weight loss maintenance interventions.

Minnesota Obesity Center

Contract Number: 5P30DK50456-08

Source: NIDDK

PI: Nico Pronk
Start Date: 09/01/02

Role on Project: Co-I
Duration: 3 Years

Infrastructure funding to support the development of obesity research agenda within the health care delivery system.

Approaches to Obesity Treatment in a Managed Care Setting

Contract Number: 1R01DK5382601A1

Source: NIDDK

PI: Robert Jeffery

Role on Project: Co-I

Start Date: 03/01/99

Duration: 6 years

The research is designed to evaluate weight management systems within the context of a managed care organization (MCO).

CLINICAL EXPERIENCE

Sep 1991-Jul 1995

Psychological Clinic, Kent State University (10 hours per week).

Supervisors: Daniel Tennenbaum, Ph.D., Michael Hirt, Ph.D., T. John Akamatsu, Ph.D., Robert Silverberg, Ph.D., Janis Crowther, Ph.D., Alan Fruzzetti, Ph.D.

Responsibilities included intake interviews, adult individual and conjoint therapy, and adult assessment. Adult clientele were primarily nontraditional students. This placement was part of a supervised clinical practicum (9 semesters) that included specialized supervision in couple's therapy and eating disorders.

Jul 1994-Jun 1995

Northland Counseling Services of Medina County (20 hours per week).

Supervisor: Bruce Kottler, Ph.D. (1000 Clinical hours)

Responsibilities included intake interviews, adult individual and conjoint therapy, child and adolescent individual and family therapy, and personality and intellectual assessment of children and adults. This placement included conducting weekly assessments with adolescents referred from the Juvenile Court system. Additionally, this experience included conducting assessments for the Department of Human Services.

Jul 1995-Jul 1996

Clinical Psychology Intern, Department of Psychiatry, University of Wisconsin Hospital & Clinics (40 hours per week)

Supervisors: Alan Gurman, Ph.D., Timothy Strauman, Ph.D., Rosanne Clark, Ph.D., Andrew Paulson, Ph.D., Robert Factor, M.D., Ronald Diamond, M.D., Jill Reschke, M.D., James Gustafson, M.D.

Responsibilities included child and adult intake interviews, adult individual and conjoint outpatient therapy, child and adolescent individual and dyadic outpatient therapy, and personality assessment of adults and children. Additionally, this internship included experience on an adult inpatient psychiatric unit, individual and family therapy with pediatric hematology/oncology patients, psychiatric emergency day call covering the UW Emergency Room and VA Urgent Care, group psychotherapy for women with eating disorders, and group psychotherapy for depressed patients.

Apr 2005-Sep 2005

Clinical Psychology Postdoctoral Fellow, Children's Hospital and Clinics of Minnesota (20 hours per week) Supervisors: Sharon Berry, Ph.D. and Jonathan Miller, Ph.D., ABPP.

This part-time, temporary position fulfilled remaining requirements for clinical psychology licensure. Responsibilities included outpatient therapy and assessment with children and families.

TEACHING EXPERIENCE

Summer Semester, 1994	Responsible for course planning, writing and delivering lectures, grading term papers, and writing and grading exams.
Summer Semester, 1993	Kent State University
Spring Semester, 1993	Instructor, Undergraduate Abnormal Psychology
Spring Semester 1996	Instructor, Clinical Interviewing Skills for First Year Medical Students University of Wisconsin Medical School, Madison, WI
	Responsible for preparing and delivering lecture material as well as supervising and evaluating interview skills and report writing.
Fall Semester, 2008	PubH 6360 Obesity & Eating Disorders: Etiology & Epidemiology, co-taught with Simone A French, PhD
Spring Semester, 2009	PubH 6079 Obesity & Eating Disorders: Treatment, Prevention & Policy, co-taught with Mark Pereira, PhD
Fall Semester, 2009, '10, '11	PubH 6050 Community Health Theory and Practice I, co-taught with Sonya Brady, PhD
Spring Semester, 2010	PubH 6079 Obesity & Eating Disorders: Treatment, Prevention & Policy, co-taught with Simone A French, PhD
Spring Semester, 2011	PubH 6079 Obesity & Eating Disorders: Epidemiology, Etiology, Treatment, Prevention & Policy, co-taught with Simone A French, PhD

EDITORIAL EXPERIENCE

Obesity Research
International Journal of Obesity
Annals of Behavioral Medicine.
Preventive Medicine
Health Education and Behavior
Journal of the American Dietetic Association
American Journal of Health Promotion
American Journal of Epidemiology
International Journal of Pediatric Obesity
Appetite
Archives of General Psychiatry
Journal of Consulting and Clinical Psychology
JAMA
Health Psychology
The International Journal for Behavioral Nutrition & Physical Activity
American Journal of Public Health

SERVICE

Sep 1997-Oct 1998	Co-chair, P & A Committee, Division of Epidemiology
Jun 2000	Grant Reviewer for USDA Food Assistance and Nutrition Research Competitive Grants Program.

Jun 2001	Grant Reviewer for USDA's "Food Choice Behavior" study section for the Initiative for Future Agriculture and Food Systems (IFAFS).
Jan 2002 - Aug 2002	Volunteer Therapist, Walk-In Counseling Center, Minneapolis, MN
Oct 2003	HealthPartners Community Giving Campaign Coordinator, HealthPartners Research Foundation
2004-06	Member, Institute for Clinical Systems Improvement (ICSI) Working Group for the Prevention and Management of Obesity (Mature Adolescents and Adults) Health Care Guideline (http://www.icsi.org/knowledge/)
2006-08	Co-Chair, HMORN Obesity Special Interest Group
2007-2009	Chair, Health Services Research Committee, HealthPartners Research Foundation
2008-2012	Board Member, Association for Non-Smokers of Minnesota (ANSR)
2008-2009	Ad Hoc NIH Study Section Member January 2008 Psychosocial Risk and Disease Prevention (PRDP). March 2008 Member Conflict Asynchronous Web Review July 2008 Member Conflict Web/Phone Review September 2008 Psychosocial Risk and Disease Prevention (PRDP). January 2009 Member Conflict Phone Meeting April 2009 Special Emphasis Panel Review for RFA
June 2009-June 2013	Standing member, PRDP Study Section
2009-2011	Member, Public Health Nutrition Admissions Committee
2013-present	Ad Hoc NIH Study Section Member March 2015 F31/F32 Fellowship Study Section July 2015 F31/F32 Fellowship Study Section October 2015 Psychosocial Risk and Disease Prevention (PRDP) October 2016 Community Level Health Promotion (CLHP) March 2017 F31/F32 Fellowship Study Section