

## Curriculum Vitae

### Michelle Cardel, Ph.D., R.D.

#### Office Address

Assistant Professor  
University of Florida  
College of Medicine  
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#### Languages Spoken Fluently

English & Spanish

#### Education and Training

- 2005        B.S., Biological Sciences, Minor in Chemistry  
Florida State University, Tallahassee, Florida
- 2009        M.S., Clinical Nutrition  
University of Alabama Birmingham, Birmingham, Alabama  
Thesis Title: Parental Feeding Practices and Perceptions as Predictors of Child Adiposity in a Multi-ethnic model.
- 2012        R.D., Dietetic Internship  
University of Alabama Birmingham, Birmingham, Alabama  
Specialization Period, Alaskan Native Medical Center, Anchorage, AK
- 2012        Ph.D., Nutrition Sciences  
University of Alabama Birmingham, Birmingham, Alabama  
Dissertation Title: Childhood Obesity: The role of Genetic Admixture, Parental Feeding Practices, and the School Food Environment

#### Postgraduate Training and Fellowship Appointment

- 2012-2015    Post-doctoral Fellowship in Pediatric Nutrition and Obesity  
University of Colorado Anschutz Medical Campus  
Mentors: Drs. James O. Hill, Susan L. Johnson, John C. Peters

#### Research Interests

Obesity; nutrition; psychosocial factors influencing obesity and eating behavior; racial/ethnic and socioeconomic health disparities; subjective social status; community-based and family-centered pediatric obesity prevention and treatment programs in underserved populations; development of mHealth and eHealth technologies to combat obesity and type 2 diabetes

## **Research Experience**

- 2005-2006     **Research Assistant**, Diabetes Study, Department of Nutrition and Dietetics, Florida International University, Miami, FL
- 2006-2012     **Pre-doctoral Research Fellow**, Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL
- 2006-2009     **Research Assistant**, AMERICO study (Admixture Mapping for Ethnic and Racial Insulin Complex Outcomes), Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL
- 2008-2010     **Research Assistant**, PRIMO study (Puberty Related Intervention to Improve Metabolic Outcomes), Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL
- 2010           Assisted in the **development and production and starred** in a Spanish DVD intervention series for Type 2 Diabetes in Hispanic Woman, Birmingham, AL
- 2011           **Research Coordinator** for Healthy Change in Your Community, McWane Science Center, Birmingham, AL
- 2012-2015     **Post-Doctoral Fellow**, Department of Pediatrics, Section of Nutrition, University of Colorado Denver, Anschutz Medical Campus  
Mentors: Drs. James O. Hill, John C. Peters, Susan L. Johnson
- 2012-2015     **Co-Investigator**, 5<sup>th</sup> Gear Kids Obesity Prevention Program, University of Colorado Denver, Aurora, CO
- 2013-2016     **Co-Investigator**, A University-Clinic-Community Collaborative to Prevent and Treat Childhood Obesity in the North Metro Denver Area
- 2015-present   **Assistant Professor**, University of Florida, College of Medicine, Department of Health Outcomes and Policy

## **Clinical and Professional Experience**

- 2011-2012     **Dietetic Internship**, University of Alabama at Birmingham, Birmingham, AL
- 2012           **Specialization of Dietetic Internship**, Nutrition in underserved populations, Alaskan Native Medical Center, Anchorage, AK
- 2012-2015     **Founder and Chair**, Diversity Initiative and Outreach Committee, Anschutz Health and Wellness Center, University of Colorado Denver, Aurora, CO

- 2012-2015 **Clinical Dietitian**, Anschutz Health and Wellness Center, University of Colorado Denver, Aurora, CO.
- 2013-2015 **9 News Nutritionist**, Regular News Segment focusing on Family and Children's Nutrition, Health, and Wellness. Channel 9 News Denver. Denver, CO
- 2014 **Consultant**, Development of Employee-Based, Family-centered pediatric obesity prevention and treatment program, University of Colorado Health and Welfare Trust
- 2016-present **Clinical Dietitian**, UF Health Pediatric Specialty Neuromuscular Rare Disease Clinic, University of Florida, Gainesville, FL. Attend to patients with pediatric obesity and assist in weight loss treatment.

## **Publications**

### *Peer Reviewed Publications (Published or in Press)*

Hanks LJ, Casazza K, Willig AL, **Cardel M**, Beasley TM, Fernandez JR. Associations among calcium intake, resting energy expenditure, and body fat in a multiethnic sample of children. *Journal of Pediatrics*. 2010; 157:473-8. PMID: 20400090

**Cardel M**, Higgins PB, Willig AL, Keita AD, Casazza K, Gower BA, Fernandez JR. African genetic admixture is associated with body composition and fat distribution in a cross-sectional study of children. *Int J Obes (Lond)*. 2011; 35:60-65. PMID: 20877287

**Cardel M**, Dulin-Keita A, Cassaza K. Contributors to Pediatric Obesity in Adolescence: More than just Energy (Im)balance. *The Open Obesity Journal*. 2011; 3:17-26. PMID: 24563683

Duarte, C.W., Klimentidis, Y.C., Harris, J.J., **Cardel, M.** and Fernández, J.R. A Hybrid Bayesian Network/Structural Equation (BN/SEM) Modeling Approach for Detecting Physiological Networks for Obesity-related Genetic Variants. *Proceedings of the IEEE International Conference on Bioinformatics & Biomedicine*, 2011: 696-702. PMID: 22318170

**Cardel M**, Willig A, Casazza K, Dulin-Keita A, Fernandez JR. Parental feeding practices and socioeconomic status are associated with child adiposity in a multi-ethnic sample of children. *Appetite*. 2012; 58 (1): 347-353. PMID: 22100186

Cassaza K, **Cardel M**, Hanks LJ, Newton A, Dulin-Keita A. Reduced carbohydrate diet to improve metabolic outcomes and decrease adiposity in obese peripubertal African American girls. *Journal of Pediatric Gastroenterology & Nutrition*. 2012. 54(3):336-42. PMID: 22067112

**Cardel M.** Behavioral approaches to weight loss and control. *The Academy Today*. 2013; 9(1): A9-A10. PMID: 24416733.

**Cardel M**, Willig AL, Dulin-Keita A, Cassaza K, Cherrington A, Gunnarsdottir T, Johnson SL, Hill JO, Allison DB, JR Fernandez. Home-schooled children are thinner, leaner, and report better diets relative to traditionally-schooled children. *Obesity*. 2013; 22(2):497-503. PMID: 24039204

Kell K, **Cardel M**, Brown BB, Fernandez JR. Added sugars in the diet are positively associated with diastolic blood pressure and triglycerides in children. *American Journal of Clinical Nutrition*. 2014; 100(1):46-52. PMID: 24717340

Dhurandhar EJ, Dawson J, Alcorn A, Hingstrup L, Thomas E, **Cardel M**, Bourland A, Astrup A, St-Onge MP, Hill JO, Apovian C, Shikany J, Allison DB. The effectiveness of breakfast recommendations on weight loss: a randomized controlled trial. *American Journal of Clinical Nutrition*. 2014; 100(2): 507-513. PMID: 24898236

Duarte CW, Klimentidis YC, Harris JJ, **Cardel M**, Fernandez JR. Discovery of phenotypic networks from genotypic association studies with application to obesity. *Int J Data Mining and Bioinformatics*. 2015; 12 (2):129-143.

Fidelix YL, Farias Junior JC, Lofrano-Prado MC, Guerra RL, **Cardel M**, Prado WL. Multidisciplinary intervention in obese adolescents: predictors of dropout. *Einstein (Sao Paulo)*. 2015; 13(3):388-94. PMID: 26466062

**Cardel M**, Lemas DL, Jackson KH, Friedman JE, Fernandez JR. Higher intake of Polyunsaturated Fatty Acids is Associated with Lower Total and Visceral Adiposity and Higher Lean Mass in a Racially Diverse Sample of Children. *Journal of Nutrition*. 2015; 145(9):2146-52. PMID: 26269238

Prado WL, Lofrano-Prado MC, Oyama LM, **Cardel M**, Gomes PP, Andrade MS, Balagopal PB, Hill JO. Effect of a 12-week Low vs. High intensity aerobic exercise training on appetite-regulating hormones in obese adolescents. *Pediatric Exercise Science*. 2015; 27:510-517. PMID: 26680421

Peters JC, Beck J, **Cardel M**, Wyatt HR, Foster GD, Pan Z, Wojtanowski AC, Vander Veur SS, Herring SJ, Brill C, Hill JO. The Effects of Water and Non-Nutritive Sweetened Beverages on Weight Maintenance Following a 12-Week Weight Loss Treatment Program: A One-Year Randomized Trial. *Obesity*. 2014; 22(6):1415-1421. PMID: 26708700

**Cardel MI**, Johnson SL, Beck J, Dhurandhar EJ, Keita AD, Tomczik AC, Pavela G, Huo T, Janicke D, Muller K, Peters JC, Hill JO, and Allison DB. The effects of experimentally manipulated social status on acute eating behavior: A randomized, crossover pilot study. *Physiology & Behavior*. 2016; 162: 93-101. PMID: 27094920

Lemas DJ, Yee S, Cacho N, Miller D, **Cardel M**, Gurka M, Janicke D, Shenkman E. Exploring the contribution of maternal antibiotics and breastfeeding to development of the infant microbiome and pediatric obesity. *Seminars in Fetal and Neonatal Medicine*. 2016; (21)6:406-409.

Dulin Keita A, Whittaker S, Wynter J, Kidanu TW, Chhay C, **Cardel M**, Gans K. Applying Concept Mapping Methodology to Identify the Perceived Risk and Protective Factors for Childhood Obesity among Southeast Asian Communities. *Journal of Healthcare for the Poor and Underserved*. 2016; 27(4):1909-1933.

Peters JC, Beck J, Lande J, **Cardel M**, Ayoob K, Hill JO. Using Healthy Defaults in Walt Disney World Restaurants to Improve Nutritional Choices. *Journal of the Association for Consumer Research*. 2016; 1(1):92-103.

**Cardel MI**, Chavez S, Bian J, Penaranda E, Miller D, Huo T, Modave F. Accuracy of Weight Loss Information in Spanish Search Engine Results on the Internet. *Obesity*. 2016; 24(11):2422-2234.

Modave F, Bian J, Rosenberg E, Mendoza T, Liang Z, Bhosale R, Maeztu C, Rodriguez-Durbin C, **Cardel MI**. DiaFit: The Development of a Smart App that Empowers Patients with Type II Diabetes and Obesity. *JMIR Diabetes*. 2016; 1(2):e5.

**Cardel MI**, Pavela G, Dhurandhar E, Allison DB. Future Research Directions for the Insurance Hypothesis regarding Food Insecurity and Obesity. *Brain and Behavioral Sciences*. 2017. *In press*.

Gurka MJ, Golden, SH, Musani SK, Sims M, Vishnu A, Guo Y, **Cardel M**, Pearson TA, DeBoer MD. Independent Associations between a Metabolic Syndrome Severity Score and Future Diabetes by Sex and Race: The Atherosclerosis Risk in Communities Study and Jackson Heart Study. *Diabetologia*. 2017. *In press*.

### **Honors and Awards**

- 2007 Student Government Association, School of Health Professionals Scholarship, University of Alabama at Birmingham.
- 2008 **Charles Barkley Young Investigator Award**, University of Alabama at Birmingham Minority Health Research Center
- 2008 Sparkman Center for Global Health Scholarship for two-week SIFAT training Practicum in Nutrition and World Hunger, University of Alabama at Birmingham
- 2008 Student Government Association Travel Grant, University of Alabama at Birmingham
- 2009 **Charles Barkley Young Investigator Award**, University of Alabama at Birmingham Minority Health Research Center
- 2009 The Federation of American Societies for Experimental Biology **Minority Access to Research Careers Travel Award**, Summer Research Conference, The Physiological Basis for Obesity Therapeutics, Snowmass Village, CO

- 2010 University of Southern California Childhood Obesity Symposium Travel Award  
Students from across the nation were selected based on their applications, abstract, CV, and letters of recommendation to attend a forum focusing on disparate aspects of childhood obesity prevention and treatment.
- 2010 **Compass Bank Endowed Scholarship in Graduate Education for Community Service and Academic Excellence**, University of Alabama at Birmingham.  
This is a \$2,500 scholarship awarded annually to an exceptional graduate student at UAB who demonstrates a solid academic achievement and a commitment to philanthropy and community service.
- 2010 University of Alabama at Birmingham Global Health Challenge, Malnutrition in the Orimaya Region of Ethiopia, Finalist
- 2011 **Outstanding Woman UAB Graduate Student Award**, University of Alabama at Birmingham. This award is presented annually to one graduate student by the UAB Women's Center and Women's Studies Program to honor female members of the UAB and Birmingham communities who have mentored or served other women, taken a courageous stance, or overcome adversity.
- 2011 **Minority Access to Research Careers Travel Award** to attend FASEB Grant Writing and Leadership Development Seminar in Chantilly, VA
- 2012 **UAB President's Diversity Graduate Student Award**, University of Alabama at Birmingham. This annual award recognizes significant achievements of a graduate student toward developing a more culturally diverse, competent, and inclusive university community.
- 2012 **Ethan Sims Young Investigator Award**, Finalist. *The Obesity Society*.  
This annual award recognizes excellence in research by a young investigator based on the quality of their abstract. Five finalists out of 900 abstract submissions were chosen to present their oral abstract during The Obesity Society's Annual Meeting.
- 2013 **Dannon Nutrition Leadership Institute**  
The Dannon Institute selects 20 outstanding nutritional scientists at an early stage of their careers to attend this intensive five-day training program. The program is designed to equip these future leaders with the skills and broad perspective necessary to achieve their professional potential, improving their ability to lead others in both their place of employment and in the field of nutrition.
- 2013 **FASEB American Society of Nutrition MARC Travel award** to Experimental Biology Annual Meeting, Boston, Massachusetts
- 2013 **NIGMS Short Course on Statistical Genetics and Genomics Travel Award**, Birmingham, Alabama

- 2013 **American Association for the Advancement of Science**, Excellence in Science Program
- 2014 **FASEB American Society of Nutrition MARC Travel award** to Experimental Biology Annual Meeting, San Diego, California
- 2014 **Society for the Advancement of Chicanos and Native Americans in Science Travel Award** to Annual Meeting, Los Angeles, California
- 2015 **FASEB American Society of Nutrition MARC Travel award** to Experimental Biology Annual Meeting, Boston, Massachusetts
- 2015 **American Society of Nutrition Grand Prize Winner for Young Minority Investigators Award** at Experimental Biology Annual Meeting, Boston, Massachusetts
- 2015 **Travel Award** to the Strengthening Causal Inference in Behavioral Obesity Research, University of Alabama Birmingham Nutrition Obesity Research Center, Birmingham, Alabama
- 2015 **Top 10 abstract/posters** conducted in Latin American populations, “Self-Concept and Obesity Risk in Low Income Diverse Preschoolers”, The Obesity Society annual meeting, Los Angeles, California
- 2016 **NIH NHLBI PRIDE Research in Implementation Science and Equity** program, University of California San Francisco
- 2016 **ILSI Future Leader Award**, Finalist

### **Grants and Training Awards**

- 2006 **Doctoral Fellowship**, Department of Nutrition Sciences, University of Alabama at Birmingham
- 2007-2008 **Cancer Prevention and Control Training Program Fellow**, University of Alabama at Birmingham/National Cancer Institute
- 2008-2012 **R25CA047888 CURE Program Grant** for Underrepresented Populations, Minority Supplement to Cancer Prevention and Control Training Program Fellow, National Cancer Institute
- 2012-present **T-32 Post-Doctoral Fellowship**, T32 DK07658-18; PI: Nancy F. Krebs, MD. Department of Pediatrics, Section of Nutrition, University of Colorado Denver
- 2013-2015 **Co-Investigator**, Title: 5 Alive: Preventing Weight Gain in 5<sup>th</sup> Graders (P.I. James O. Hill, PhD)  
Funder: Colorado Health Foundation, Grant amount \$602,000

The overall goal of this program is to provide energy-balance skills and knowledge to prevent excessive weight gain in 7,000 5<sup>th</sup> Graders in Colorado. The students apply these skills during their yearlong school, community, and home-based obesity prevention program through a rewards-based community system. Dr. Cardel's role as co-investigator is to assess the effectiveness of this school, community, and home based obesity prevention program in minority and low-income populations and identify predictors of successful obesity prevention.

- 2013-2016 **Co-Investigator, Title:** A University-Clinic-Community Collaborative to Prevent and Treat Childhood Obesity in the North Metro Denver Area (P.I. Mathew Haemer, MD)  
**Funder:** Colorado Health Foundation, Grant Amount \$832,715  
The overall goal of the project is to extend the reach of a successful primary care practice model for childhood obesity preventive screening and a community-based obesity treatment program in low income children and families. Dr. Cardel's role is to determine how youth's and parent's subjective social status influences weight loss and weight maintenance in low income youth with obesity undergoing this community-based obesity treatment program at baseline, following the intervention, and at 1- and 2-year follow-up.
- 2013-2016 **Co-Investigator, Title:** Diabetes Prevention Program in Low Income Hispanic Adults (P.I. Rocio Pereira, MD)  
**Funder:** Colorado Health Foundation, Grant Amount \$533,000  
The objective is to decrease weight and prevent diabetes in 800 low income Hispanic adults in the Denver Metro area. Dr. Cardel's role as co-investigator is to provide nutritional and health disparities expertise to the research team.
- 2014-2015 **Principal Investigator, Title:** The effect of experimentally manipulated social status on acute energy intakes and eating behavior in Hispanics: A Pilot Study  
**Funder:** University of Colorado and the University of Alabama Birmingham Nutrition Obesity Research Centers (NORC), Grant Amount \$10,000  
The overall goal of this project is to understand the effect of experimentally manipulated social status on acute energy intakes and eating behavior in Hispanics ages 19-25.
- 2015 **Principal Investigator, Title:** Cooking Matters: Program evaluation of a 6 week vs. 12 week nutrition skills program on weight outcomes  
**Funder:** Small Grant Program to Support Volunteer Service Activities, Department of Pediatrics, University of Colorado Anschutz Medical Campus, Grant Amount \$500  
The overall goal of this project is to evaluate if the Cooking Matters for Families program (6 weeks) is as effective in producing weight and behavior change in overweight/obese children and parents when compared to the Cooking Matters for Families PLUS program (6 weeks of Cooking Matters for Families and 6 weeks of a weight loss curriculum).



- 2015-2016 **Co-Investigator**, Title: OneFlorida Clinical Data Research Network  
Funder: PCORI-CDRN-1501-26692  
Grant Amount: \$7,200,000  
The OneFlorida Clinical Data Research Network include 9 unique clinical systems that provide care for close to 9.8 million patients through 4,100 physicians, 914 clinical practices and 22 hospitals. Its Data Trust is a secure data repository containing over 952,000 unduplicated patients with 3 years of linked electronic health record and Medicaid data, with a goal of adding the 9.8 million patients of the network in the next 2 years. The infrastructure supports embedding clinical trials within the health systems and practices and recognizes that proposed studies must be patient sensitive and clinically feasible. The studies are supported by a strong governance structure, informatics tools, and clinical champions and facilitators. Dr. Cardel's role as co-investigator is to provide obesity expertise to the Obesity Working Group and design obesity-related studies.
- 2015-2016 **Co-Principal Investigator**, Title: DiaFit: A Smart App that Empowers Patients with Type II Diabetes and Obesity  
Funder: Clinical and Translational Research Institute Translational Pilot Award  
Grant Amount: \$50,000  
The purpose of this pilot project is to develop and pilot-test a mobile app that collects physical activity, nutritional, and patient-reported outcomes data to help patients manage type II diabetes and/or obesity, and to use these rich data sets to develop machine learning strategies for future iterations of DiaFit that allow for highly-tailored motivational prompts.
- 2016-2017 **Principal Investigator**, Title: The Effects of Experimentally Manipulated Social Status on Energy Balance in Youth: A Randomized Controlled Trial  
Funder: Clinical and Translational Science Institute Clinical Pilot Award  
Grant Amount: \$28,084  
The objective of this pilot award is to assess the effects of experimentally manipulated low and high social status conditions on 24-hour energy intakes, energy expenditure, and energy balance in Hispanic youth.
- 2016-2018 **Principal Investigator**, Title: The Influence of Social Standing on Eating Behavior, Obesity Risk, and Cardiovascular Outcomes in Hispanic Adolescents  
Funder: NIH Loan Repayment Program  
The objective of the research proposed for this award is to assess the effects of experimentally manipulated low and high social status conditions on 24-hour energy intakes, energy expenditure, and energy balance in Hispanic youth.
- 2017-2019 **Recipient of Research Supplements to Promote Diversity in Health-Related Research** (PI: Gurka and DeBoer), Title: Socioeconomic Status and Subjective Social Status as Modifiers of Stressors and Discrimination in their Relationship with MetS Severity Over Time  
Funder: NIH National Heart, Lung, and Blood Institute R01HL120960  
Grant Amount: \$224,023

The objective of this research is to evaluate the impact of socioeconomic status (SES) and subjective social status (SSS) with metabolic syndrome (MetS) severity over time and will allow for us to investigate how SES and SSS modifies the relationship between stress and discrimination and MetS severity among African American adults in the Jackson Heart Study.

### **Oral Presentations**

- 2008 **Cardel M**, Fernandez JR. Genetic Admixture is a Predictor of body composition in children. Graduate Student Research Days, University of Alabama at Birmingham.
- 2010 **Cardel M**, Willig A, Dulin-Keita A, Casazza K, Fernandez JR. Home-schooled children have lower energy intakes, higher diet quality, and lower levels of adiposity relative to traditionally-schooled children. Graduate Student Research Days, University of Alabama at Birmingham.
- 2011 **Cardel M**, Fernandez JR, Casazza K. Weight and Adiposity Changes Following Intentional Weight Loss in obese African American girls. University of Southern California's Childhood Obesity Symposium, Los Angeles, California.
- 2011 **Cardel M**. Pediatric Loss of Control Eating and Psychological Outcomes. Diabetes Journal Club. University of Alabama at Birmingham.
- 2012 **Cardel M**. Radio interview. Topic: Health and wellness, WMEL 1300am radio with Lillian McDermott.
- 2012 **Cardel, M**. The Ingredients to a Healthy Heart, Dawson Church, Birmingham, AL
- 2012 **Cardel, M**. The Truth About the Obesity Epidemic, H.U.M.A.N. Healthy Vending, Los Angeles, CA.
- 2012 **Cardel, M**. The influence of poly-unsaturated fatty acids on body composition in multi-ethnic children. *International Congress on Circumpolar Health Meeting*, August 5-10, Fairbanks, Alaska.
- 2012 **Cardel M**, Lemas DL, Fernandez JR. Greater consumption of polyunsaturated fatty acids are related to increased lean mass and decreased total and visceral adiposity in a racially diverse sample of children. *The Obesity Society Annual Meeting*, Ethan Sims Young Investigator Finalist Presentations, September 20-24, San Antonio, Texas.
- 2013 **Cardel M**. My Child is Overweight? : Racial/ethnic differences in parental perceptions of overweight. University of Colorado Denver, Department of Pediatric Nutrition Section Retreat.
- 2013 **Cardel M**. Exploring Racial/Ethnic Differences in Childhood Obesity. University of Colorado Denver, Post-Doctoral Association Seminar Series, January 17.

- 2013 **Cardel M.** Behavioral Approaches to Weight Management. *American Academy of Orthotists and Prosthetists Annual Meeting*, February 20-23, Orlando, Florida.
- 2013 Radio interview. Topic: Pediatric obesity. WMEL 1300am radio with Lillian McDermott.
- 2013 **Cardel M.** Healthy Eating on a Shoestring Budget. The Samaritan House Homeless Shelter. Denver, Colorado.
- 2013 **Cardel M.** 5<sup>th</sup> Gear Kids: Kicking Health into High Gear. Guest lecture, Medical students year 1 and 2, School of Medicine, University of Colorado Denver.
- 2013 **Cardel M.** 5<sup>th</sup> Gear Kids: Kicking Health into High Gear. Center for Alaskan Native Health Research, University of Alaska Fairbanks. Fairbanks, Alaska.
- 2013 **Cardel M.** Genetic Admixture: A Predictor of Pediatric Body Composition. Guest lecture, Genetic Epidemiology class, University of Colorado Denver.
- 2013 **Cardel M.** Nutritional Components of Pediatric Obesity Interventions. Invited lecture, Advanced Seminars in Health and Human Performance, University of Pernambuco. Recife, Brazil.
- 2013 **Cardel M.** 5<sup>th</sup> Gear Kids: Preventing Weight Gain in 5<sup>th</sup> Graders with a school, home, and community-based intervention. Translational Research Institute for Metabolism and Diabetes. Orlando, FL.
- 2014 **Cardel M.** The Influence of Subjective Social Status on Eating Behavior, Obesity, and Cardiovascular Risk in Adolescent Hispanics. Invited lecture, Pediatric Nutrition Seminar Series, University of Colorado Denver. Aurora, Colorado.
- 2014 **Cardel M.** 5<sup>th</sup> Gear Kids: Differences in nutrition and physical activity behaviors and perceptions by income status. Invited lecture, Department of Nutrition Sciences Seminar Series, University of Arizona. Tucson, Arizona.
- 2014 **Cardel M,** Gunnarsdottir T, Beck J, Peters JC, Hill JO. Low Income Children Feel Safer Walking/Biking to School?: Physical Activity-related perceptions differ by Income Status in 5<sup>th</sup> Graders. Invited lecture, American Society for Nutrition Annual Meeting. San Diego, California.
- 2015 Dulin-Keita A, Whittaker S, Wynter J, Woldemichael-Kidanu T, **Cardel M,** Gans KM. Risk and Protective Factors for Childhood Obesity in Southeast Asian Communities. Invited lecture, Society for Behavioral Medicine. San Antonio, Texas.
- 2015 **Cardel M,** Bellows L, Boles RE, Davies P, Gavin W, and SL Johnson. Self-Concept and Obesity Risk in Low Income Diverse Preschoolers. Invited presentation at

American Society of Nutrition Young Minority Investigator Oral Competition, Boston, Massachusetts.

- 2015 **Cardel M**, Dulin-Keita A, Dhurandhar EJ, Harris-Jackson K, Beck J, Tomczik A, Peters JC, Johnson SL, Hill JO, Allison, DB. The influence of experimentally manipulated social status on eating behavior: a pilot study. Invited presentation at the Society for the Study of Ingestive Behavior. Denver, Colorado.
- 2016 **Cardel M**, Dulin-Keita A, Dhurandhar EJ, Harris-Jackson K, Beck J, Tomczik A, Peters JC, Johnson SL, Hill JO, Allison, DB. The influence of experimentally manipulated social status on eating behavior: a pilot study. Invited presentation at American Society of Nutrition. San Diego, California, 2016.
- 2016 **Cardel M**. Childhood Obesity: The Causes & What We Can Do to Fight It. Invited Keynote Address. Pediatric Obesity Summit. Nicklaus Children's Hospital. Miami, FL.
- 2016 **Cardel M**. Social Determinants of Obesity: Reflections on the Role of Social Status. Invited Presentation. National Academy of Medicine annual meeting. Washington D.C.
- 2016 **Cardel M**. Childhood Obesity: The Causes & What We Can Do to Fight It. Invited Keynote Address. Florida Healthy Kids Annual Meeting. Orlando, FL.
- 2016 **Cardel M**. The Role of Social Determinants on the Development of Obesity. Invited Presentation. Virginia Academy of Nutrition & Dietetics. Webinar.
- 2017 **Cardel M**. Social Determinants of Obesity: Reflections on the Role of Social Status. Invited Seminar Speaker. Emory University, Atlanta, GA.

### **Abstracts**

**Cardel M**, Willig AL, Dulin AJ, Luzuriaga-McPherson A, Fernandez JR. Parental Perception of child's weight and dietary restriction practices differs by ethnicity. 2007. *Obesity*, (15): 448P.

**Cardel M**, Willig AL, Dulin-Keita A, Fernandez JR. Home-schooled children have lower energy intake and lower levels of adiposity than traditionally-schooled children. 2008. *Obesity*, (16):795P.

**Cardel M**, Willig AL, Dulin-Keita A, Fernandez JR. Parental feeding practices and weight perceptions as predictors of child weight status. Poster presentation at the UAB Health Disparities Research Symposium 2009. Birmingham, Alabama.

Cherrington A, Garces I, Hidalgo B, **Cardel M**, Scarinci I. Assessing obesity-related nutrition behaviors among Latino immigrant women in the Southeastern United States. *APHA 2010*.

**Cardel M**, Fernandez JR, Casazza K. (2010) Weight and Adiposity Changes Following Intentional Weight Loss in obese African American girls. *Obesity* 18(2): 241P.

Casazza K, **Cardel M**, Wallace S, Dulin-Keita A, Hanks LJ, Gower BA, Fernandez J. A dietary intervention to decrease adiposity in overweight peri-pubertal African American girls: does macronutrient profile matter? 2010. *Obesity* 18(2): 366P.

**Cardel M**, Beasley TM, Dulin-Keita A, Fernandez JR. Validity of the Body Adiposity Index in Children. *Obesity* 2011.

Duarte CW, Klimentidis YC, Beasley TM, **Cardel M**, Harris JJ, Fernandez JR. TMEM18 genetic risk for BMI is mediated by total lean mass in a multi-ethnic sample of children. *Obesity* 2011.

**Cardel M**, Klimentidis Y, Lemas D, Fernandez JR. D2 dopamine receptor (DRD2) Taq1a allele is associated with eating behavior and greater total and visceral adiposity in a racially diverse sample of children. *Obesity*, 2012; 19(2): 712P.

**Cardel M**, Lemas D, Fernandez JR. Greater consumption of polyunsaturated fatty acids are related to increased lean mass and decreased total and visceral adiposity in a racially diverse sample of children. *Obesity*, 2012; 19(2): 57-Oral.

Kell K, **Cardel M**, Fernandez JR. Added Sugars in the Diet Are Associated with Cardiometabolic Risk Factors in Children. *Obesity*, 2012; 19(2): P.

**Cardel M**, Dulin-Keita A, Gunnarsdottir T, Johnston SL, Peters JC, Hill JO, Fernandez JR. My child is overweight? : How parental perceptions differ by race/ethnicity. *Experimental Biology*, 2013; 841.21P.

**Cardel M**, Dulin-Keita A, Gunnarsdottir T, Johnston SL, Peters JC, Hill JO, Fernandez JR. My child is overweight? : How parental perceptions differ by race/ethnicity. Poster presentation at Post-Doctoral Research Day. 2013. University of Colorado Denver.

**Cardel M**, Gunnarsdottir T, Beck J, Peters JC, JO Hill. The role of race/ethnicity and socioeconomic status on obesity-related markers in 5<sup>th</sup> graders participating in 5<sup>th</sup> Gear Kids. *Obesity*, 2013.

Gunnarsdottir T, **Cardel M**, Beck J, Peters JC, JO Hill. 5<sup>th</sup> Gear Kids: A Multi-level Childhood Obesity Prevention Program for 5<sup>th</sup> Graders in Colorado. *Obesity*, 2013.

**Cardel M**, Gunnarsdottir T, Beck J, Peters JC, JO Hill. Low-Income Children Feel Safer Walking/Biking to School?: Physical Activity-Related Perceptions Differ by Income Status in 5<sup>th</sup> Graders Participating in 5<sup>th</sup> Gear Kids. Presented as an oral presentation at *American Society of Nutrition*, 2014.

**Cardel M**, Bellows L, Boles RE, Davies P, Gavin W, and SL Johnson. Self-Concept and Obesity Risk in Low Income Diverse Preschoolers. Presented as an oral presentation at *American Society of Nutrition*, 2015.

Dulin-Keita A, Whittaker S, Wynter J, Woldemichael-Kidanu T, **Cardel M**, Gans KM. Risk and Protective Factors for Childhood Obesity in Southeast Asian Communities. Accepted for oral presentation, *Society for Behavioral Medicine*. San Antonio, Texas, 2015.

**Cardel M**, Dulin-Keita A, Dhurandhar EJ, Harris-Jackson K, Beck J, Tomczik A, Peters JC, Johnson SL, Hill JO, Allison, DB. The influence of experimentally manipulated social status on eating behavior: a pilot study. Accepted for oral presentation at *American Society of Nutrition*. San Diego, California, 2016.

### **Peer Review Activities**

Reviewer for: *Proceedings of the National Academy of Sciences; American Journal of Clinical Nutrition; Obesity Reviews; Obesity; Pediatric Obesity; Behavior Genetics; Academy of Nutrition and Dietetics; PLOS ONE; Journal of Nutrition Education and Behavior; Appetite; Human Heredity; Biomed Center Pediatrics*

### **Professional Service**

- |           |   |
|-----------|---|
| 2009-2012 | Early Career Investigator Committee, The Obesity Society  |
| 2009-2012 | Prize, Honor, and Award Taskforce (PHAT) committee, University of Alabama at Birmingham                               |
| 2012-2014 | School of Health Professions Junior Advisory Board, University of Alabama at Birmingham                               |
| 2012-2015 | Diversity Initiative Committee, Founder and Chair, Anschutz Health and Wellness Center, University of Colorado Denver |
| 2013      | Abstract Reviewer, The Obesity Society Annual Meeting, Obesity Week   |
| 2013-2014 | Early Career Representative, Obesity Research Interest Section, American Society for Nutrition                        |
| 2013-2015 | Regional Correspondent, Nutrition Notes, American Society for Nutrition   |
| 2013-2015 | Cofounder and Chair-Elect, Bio-behavioral Research Section, The Obesity Society                                       |
| 2013-2016 | Member, The Diversity Committee, The Obesity Society  |
| 2015      | Abstract Reviewer, The Obesity Society Annual Meeting, Obesity Week   |

- 2013-present Finance and Audit Committee, American Society for Nutrition
- 2015-2016 Co-founder and Chair, Bio-behavioral Research Section, The Obesity Society
- 2015-present Chair, The Diversity Committee, The Obesity Society
- 2016 Abstract Reviewer, The Academy of Nutrition and Dietetics Annual Conference, Food & Nutrition Conference & Expo
- 2016 Abstract Reviewer, Society for Behavioral Medicine Annual Conference

### **Teaching Experience**

- 2002-2004 Course Master for First Year Experience  
Undergraduate Students, Florida State University
- 2006-2007 Guest lectures, NTR 222: Nutrition and Health Undergraduate Students,  
University of Alabama at Birmingham
- 2006-2007 Guest lectures, Osteoporosis Class, Kirklin Clinic, University of Alabama at  
Birmingham
- 2006-2010 Public Health Educator, Seed to Plate program  
University of Alabama at Birmingham and Jones Valley Urban Farm
- 2006-2012 Medical School, Introduction to Clinical Medicine, Clinical Skills  
Medical Students, University of Alabama at Birmingham
- 2011 Nutrition Educator, EPIC elementary school
- 2012 Nutrition Educator, My New Weigh Class, Anschutz Health and  
Wellness Center, University of Colorado Denver
- 2012-2013 Nutrition Educator, Colorado Weigh, Anschutz Health and  
Wellness Center, University of Colorado Denver
- 2012 Nutrition Educator, **Healthy Happy Kids Program**, University of Alabama  
Birmingham Minority Health & Health Disparities Research Center. The purpose  
of this program is to prevent and reduce childhood obesity in minority and  
underserved children. This program consists of six hands on sessions targeting  
underserved elementary school children attending after school programs in inner  
city institutions across Alabama.
- 2013 Nutrition Educator, **Cooking Matters Program at the COMPASS After School  
Program**, Paris Elementary, Aurora, Colorado. The purpose of this 9-week after

school program is to provide nutrition education, cooking skills, and physical activity education to underserved 4<sup>th</sup> and 5<sup>th</sup> graders.

2014-2015 Nutrition Educator, **Cooking Matters for Families Program at the Anschutz Health and Wellness Center**, Aurora, Colorado. The purpose of this 6-week class is to provide nutrition education, cooking skills, and physical activity education to low income families in the greater Denver area.

2017 Professor, GMS 6833: Health Outcomes and Policy in Vulnerable Populations  
University of Florida

### **Professional Memberships**

American Society for Nutrition

- Member
- Early Career Representative, Obesity Research Interest Section (2013-2014)
- Finance and Audit Committee (2013-present)
- Chair-Elect, Obesity Research Interest Section (2016-2017)

The Obesity Society

- Member, Early Career Investigator Committee (2009-2012)
- Member, The Diversity Committee (2013-2015)
- Co-chair, The Diversity Committee (2015-2016)
- Chair, The Diversity Committee (2016-2017)
- Co-founder, Bio-Behavioral Research Section (2013)
- Chair-Elect, Bio-behavioral Research Section (2013-2015)
- Chair, Bio-behavioral Research Section (2015-2016)

Academy of Nutrition and Dietetics (formerly American Dietetic Association)

- Member

American Association for the Advancement of Science

- Excellence in Science Program (2013-2015)

### **Formal Trainings**

2008 Sparkman Center for Global Health Scholarship for two-week SIFAT training  
Practicum in Nutrition and World Hunger, University of Alabama at Birmingham

2009 Structural Equation Models and Latent Variables: An Introduction, Summer  
Program in Quantitative Methods of Social Research, University of  
Michigan, Ann Arbor, MI Instructor: Dr. Kenneth Bollen

2010 USC Childhood Obesity Symposium, University of Southern California,  
Los Angeles, CA

2011 Body Works Training-Certified Educator and Trainer, Birmingham, AL



- 2011 FASEB Grant Writing and Leadership Development Seminar, Chantilly, VA
- 2011 Health Literacy Workshop, Birmingham, AL
- 2013 Biostatistics Review short course. University of Colorado Denver. Instructor: Becki Bucher Bartelson and Sam MaWhinney
- 2013 Motivational Interviewing Seminar: Theory and Skill Building. Sciacca Comprehensive Service Development for MIDAA. New York, New York. Instructor: Kathleen Sciacca.
- 2013 Focus Group and Qualitative Analysis Training. University of Colorado Denver. Aurora, CO. Instructor: Dr. Kathleen Albright.
- 2013 Dannon Institute, Dannon Nutrition Leadership Institute. Queenstown, Maryland. Instructors: Jennifer Cohen from Franklin Covey; Karen M. Dyer and Andy Cole from Center for Creative Leadership.
- 2013 NIGMS Short Course on Statistical Genetics and Genomics, University of Alabama Birmingham, Birmingham, Alabama. Instructor: Dr. Hemant Tiwari and colleagues
- 2014 Career Development and Leadership Training Seminar, University of Colorado Denver Anschutz Medical Campus. Aurora, Colorado. Instructor: Dr. Judith Albino
- 2016 NIH NHLBI PRIDE Research in Implementation Science and Equity program, University of California San Francisco. San Francisco, California. Instructors: Drs. Kirsten Bibbins-Domingo, Alicia Fernandez, Margaret Handley

**Mentoring**

- 2009 Mentored minority undergraduate students, Guillermo Rodriguez Vicens and Julianna Murati Amador, visiting from Puerto Rico for summer internship
- 2011-2012 Mentored high school student, Patrick Beardon, for Careers in Science and Science Projects
- 2013 Mentored undergraduate student, Nancy Wittmer, from Colorado State University for her 600 hour Health and Exercise Science internship
- 2013 Mentored undergraduate student, Julie Hettinger, from the University Kansas for her 560 hour community health internship
- 2013-2014 Mentored nutrition undergraduate, Devon Walker, from Colorado State University, for her 6 month nutrition internship

- 2013-2014 Mentored high school student, Katherine Toll, from Colorado Science and Technology High School for her 3 month internship with the Denver Stars Program, which provides internships for underserved high school students
- 2014-2015 Mentored high school student, Joycey SaintJour, from Colorado Science and Technology High School for her 3 month internship with the Denver Stars Program, which provides internships for underserved high school students
- 2014-2015 Mentored high school student, Catherine DelRosario, from Colorado Science and Technology High School for her 3 month internship with the Denver Stars Program, which provides internships for underserved high school students
- 2016-present Mentored undergraduate nutrition student, Kylie Schmitt, from University of Florida for 3 semesters as part of the University Scholars program
- 2016-present Mentored doctoral Health Policy and Outcomes student, Alex Lee, University of Florida
- 2016-present Mentored doctoral Health Policy and Outcomes student, Sarah Chavez, University of Florida
- 2016-present Mentored undergraduate biochemistry and Russian student, Will Coburn, from University of Florida for 3 semesters as part of the University Scholars program

### **Civic Outreach**

- 2003-2005 **International Medical Outreach**, Director and Volunteer, School of Medicine, Florida State University
- 2006-2010 **Seed to Plate Program**, Nutrition Student Mentor and Curriculum Coordinator, Jones Valley Urban Farm, Birmingham, Alabama
- 2007 *Science is a Ball*. McWane Science Center summer camps “Science of Sports Camp”, grades 2<sup>nd</sup> and 3<sup>rd</sup>
- 2008 SIFAT Two week Field Experience Practicum in Nutrition and World Hunger
- 2010-2012 Group Leader of UAB Women’s Faculty Book Club
- 2012-2013 **Colorado Coalition for the Homeless Stout Street Clinic**, volunteer clinical registered dietitian.
- 2013 **Earth Explorers Program**, Trail Ridge Middle School, Longmont, Colorado. Earth Explorers teaches a video and science program that connects under-resourced middle school students with working scientists in their community. The

students get to know their scientist, interview them, and film them with an end product of a 5 to 8 minute video about the scientist and their research.

- 2013 **Healthy Colorado Kids**, University of Colorado Denver, Anschutz Health and Wellness Center. Conducted at Colfax Elementary School and Paris Elementary after school programs. The purpose of this program is to prevent and reduce childhood obesity in minority and underserved children in Colorado by educating children on nutrition and physical activity.
- 2014-2015 **Cooking Matters**, University of Colorado Denver, Anschutz Health and Wellness Center. The purpose of this program is to educate low income families in nutrition, healthy shopping, and cooking skills.