

Emily M. Melnick

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EDUCATION

Ph.D., Health and Behavioral Sciences, University of Colorado Denver, 2021
Dissertation project: “Beyond Risk: Exploring the Relationship Between Maternal Perceptions of Social Support and Adolescent Body Mass Index Using the Fragile Families Study”

M.P.H., Public Health Nutrition, Colorado School of Public Health, 2015
Capstone project: “Development and Evaluation of Nutrition Newsletter Articles for Childcare Providers in Larimer County”

B.S., Psychology and Kinesiology, The College of William and Mary, 2011

RESEARCH TRAINING

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| 2021–present | Postdoctoral Research Scholar, ASU Food Policy and Environment Research Group, Arizona State University, College of Health Solutions |
| 2015–2020 | Senior Professional Research Assistant, Culture of Wellness in Preschools Program, University of Colorado Anschutz, Department of Community and Behavioral Health |
| 2018 | Senior Professional Research Assistant, Integrated Nutrition Education Program, University of Colorado Anschutz, Department of Community and Behavioral Health |
| 2014–2015 | Graduate Research Assistant, Fuel for Fun: Cooking with Kids Plus Parents and Play, Colorado State University, Department of Food Science and Human Nutrition |
| 2013–2014 | Graduate Research Assistant, Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP), Colorado State University, Department of Food Science and Human Nutrition |

PEER-REVIEWED JOURNAL ARTICLES

1. **Melnick, E.**, Ganderats Fuentes, M., & Ohri-Vachaspati, P. (2022). Federal Food Assistance Program Participation During the COVID-19 Pandemic: Participant Perspectives and Reasons for Discontinuing. *Nutrients*. doi.org/10.3390/nu14214524
2. **Melnick, E.**, DeWeese, R., Acciai, F., Yedidia, M., & Ohri-Vachaspati, P. (2022). The Community Food Environment Moderates the Relationship Between Active Commuting to School and Child Weight Status. *Journal of Transport and Health*. doi.org/10.1016/j.jth.2022.101516
3. **Melnick, E.**, Bergling, E., Pendleton, D., Scarbro, S., Atwood, J., & Puma, J. (2022). Outcomes of a Multi-Component School-Based Nutrition Program. *Journal of School Health*. doi.org/10.1111/josh.13117
4. Farewell, C.V., Quinlan, J., **Melnick, E.**, Lacy, R., Kauie, M., & Thayer, Z. (2021). Protective Resources that Promote Wellbeing among New Zealand Moms with Young Children Facing Socioeconomic Disadvantage. *Women and Health*. doi.org/10.1080/03630242.2021.1953677

5. Farewell, C., **Melnick, E.**, & Leiferman, J. (2021). Maternal Mental Health and Early Childhood Development: Exploring Critical Periods and Unique Sources of Support. *Infant Mental Health Journal*. doi.org/10.1002/imhj.21925
6. Farewell, C., Quinlan, J., **Melnick, E.**, Powers, J., & Puma, J. (2021). Job Demands and Resources Experienced by the Early Childhood Education Workforce Serving High-Need Populations. *Early Childhood Education Journal*. doi.org/10.1007/s10643-020-01143-4
7. **Melnick, E.**, Thomas, K., Farewell, C., Quinlan, J., & LaFlamme, D., et al. (2020). Impact of a Nutrition Education Programme on Preschool Children's Willingness to Consume Fruits and Vegetables. *Public Health Nutrition*. doi:10.1017/S1368980019005032
8. **Melnick, E.**, & Li, M. (2019). Association of Plate Design with Consumption of Fruits and Vegetables Among Preschool Children. *JAMA Pediatrics*, 172(10), 982-983. doi:10.1001/jamapediatrics.2018.1915

OTHER PUBLICATIONS

Melnick, E., & Li, M. (2019). Comments Regarding Nutrition Study Among Preschool Children—Reply. *JAMA Pediatrics*, 173(3), 293-294. doi:0.1001/jamapediatrics.2018.5041

MANUSCRIPTS UNDER REVIEW

Bui, T.*, **Melnick, E.**, Tong, D., & Ohri-Vachaspati, P. The Association Between Community Characteristics and Free Meal Distribution During the COVID-19 Pandemic in Diverse Urban Settings. *Preventive Medicine*.

*Denotes mentored student

Kracht, C., Burkart, S., Flanagan, E., Luecking, C., **Melnick, E.**, & Neshteruk, C. Examining Effectiveness of Interventions Targeting Obesity and Obesity-related Outcomes among At-Risk Populations in Early Childhood Education Settings: A Systematic Review. *Obesity Reviews*.

MANUSCRIPTS IN PROGRESS

Ohri-Vachaspati, P., Acciai, F., DeWeese, R., **Melnick, E.**, Lloyd, K., Tulloch, D., DeLia, D., & Yedidia, M. Examining Obesity Declines among School Children: The Role of Changes in the Food and Physical Activity Environments.

Melnick, E., Acciai, F., Yedidia, M., & Ohri-Vachaspati, P. An Investigation of Whether the Food Environment Surrounding Schools Moderates the Association Between CEP and School Meal Participation.

Melnick, E. Beyond Risk: Exploring the Relationship Between Maternal Perceptions of Social Support and Adolescent Body Mass Index Using the Fragile Families Study.

Melnick, E., Hostinar, C., & Doom, J. A Systematic Review of the Association Between Social Support and Body Mass Index Across the Lifespan.

Neshteruk, C., Burkart, S., Flanagan, E., Luecking, C., **Melnick, E.**, & Kracht, C. Policy, System, and Environmental Interventions Addressing Physical Activity in Early Childhood Education Settings: A Systematic Review.

Neshteruk, C., Burkart, S., Flanagan, E., Lane, H., Luecking, C., **Melnick, E.**, & Kracht, C. Implementation Strategies Used in Policy, System and Environmental Interventions Addressing Obesity, Diet, and Physical Activity Outcomes in Early Childhood Education Settings: A Systematic Review.

PEER-REVIEWED PRESENTATIONS

Melnick, E., DeWeese, R., Acciai, F., Ohri-Vachaspati, P. (2022). Routes Matter: The Role of the Community Food Environment in the Relationship Between Walking to School and Child Body Mass Index. Oral Presentation at the *International Society of Behavioral Nutrition and Physical Activity* annual meeting, Phoenix, AZ.

Melnick, E., Farewell, C., Leiferman, J. (2021). Maternal Mental Health and Early Childhood Development: Exploring Critical Periods and Unique Sources of Support. Oral presentation at the *Society for Research in Child Development* biennial meeting. Virtual conference.

Melnick, E. (2020). Maternal Depression is Associated with Negative Child Behavior Outcomes. Oral presentation at the *Population Mental Health State of Science* annual conference. Virtual conference.

Melnick, E., Maiurro, E., Farewell, C., Quinlan, J., & Puma, J. (2020). Fostering Resilience in Early Education: Promoting the Quality of Worklife and Wellbeing of Early Childhood Education Providers in Colorado. Oral presentation at the *Public Health in the Rockies* annual conference. Virtual conference.

Puma, J., Quinlan, J. Powers, J., **Melnick, E.**, and Farewell, C. (2020). Quality of Workplace, Mental Health and Wellbeing Among the Early Childcare Workforce Serving High Need Populations. Poster presented at the annual meeting for the *American Public Health Association*. Virtual conference.

Li, M. & **Melnick, E.** (2019). Nudging 3-5-year-olds Towards Fruit and Vegetable Consumption Through Plate Design. Oral presentation in the symposium “Nudging Health Behavior” (Symposium Chair) at the Biannual Subjective Probability, Utility, and Decision Making (*SPUDM*) Conference, Amsterdam, NL.

Melnick, E., & Thomas, K. (2018). A Nutrition Education Program in Preschool Settings Increases Children's Willingness to Try Fruits and Vegetables. Oral presentation at the *Public Health in the Rockies* annual conference, Copper, CO.

Melnick, E. & Li, M. (2018). Association of Plate Design with Consumption of Fruits and Vegetables Among Preschool Children. Poster presented at the annual meeting for the *Society for Judgment and Decision Making (SJDM)*, New Orleans, LA.

Melnick, E. & Li, M. (2018). Can 3-5 Year Olds Be Nudged Towards Fruits and Vegetables? An Intervention Using Segmented Plates with Visual Cues in a Preschool Setting. Poster presented at the annual meeting for the *Association of Psychological Sciences (APS)* annual conference, San Francisco, CA.

Farewell, C., Laflamme, D., Doig, T., **Melnick, E.**, & Puma, J. (2017). The Culture of Wellness in Preschools: A Multi-Strategy Early Childhood Obesity Prevention Program. Poster presented at the annual meeting for the *American Public Health Association*, Denver, CO.

RESEARCH SUPPORT

Ongoing

Assessing Text Message Framing Effects on WIC Engagement and Redemption (06/2022 – 05/2023)

– Total Cost: \$54,913

Inter Tribal Council of Arizona WIC

The primary aim of this project is to develop and evaluate a catalog of text messages sent to Inter Tribal Council of Arizona WIC participants to address issues of non-engagement (missed appointments) and non-redemption of benefits that are based on best practices in nutrition and health communication.

- Role: Project Director, 20% FTE

Assessment of Healthy School Meals for All in Arizona (03/2022 – 12/2022) – Total Cost: \$39,469

Arizona Food Bank Network

The goal of this project is to assess the costs and benefits of implementing Universal Free Schools Meals in Arizona, as well as to examine perceptions of school meals from key stakeholders in the state.

- Role: Co-I, 10% FTE

The Impact of COVID-19 Related School Closures on Children's Weight Status (9/2020 – 8/2025) –

Total Cost: \$3,852,966

National Institutes of Health, NICHD-R01

This study seeks to understand the impact of school closures due to the COVID-19 pandemic on weight outcomes, and to assess the neighborhood correlates of weight gain by collecting data on the food environment and built environment.

- Role: Postdoctoral Fellow, 50-100% FTE

Pending

Association Between Nutrition Security and Food Security by Food Assistance Program

Participation Status (11/2022 – 03/2023) – Total Cost: \$10,000

Gretchen Swanson Center for Nutrition

The purpose of this study is to assess whether the association between household nutrition security and food security differs according to participation in federal food assistance programs (i.e., the Supplemental Nutrition Assistance Program [SNAP] and the Special Supplemental Nutrition Program for Women, Infants and Children [WIC]).

- Role: PI

Impacts of Increased Cash-Value Benefit on Inter Tribal Council of Arizona WIC Participants' Program Engagement and Weight Outcomes (05/2023 – 08/2024) – Total Cost: \$180,000

Robert Wood Johnson Foundation, Healthy Eating Research

The purpose of this study is to evaluate the impact of increased Cash-Value Benefit (CVB) instituted in March 2021 on the Inter Tribal Council of Arizona (ITCA) WIC participants' (1) fruit and vegetable benefits redemption, (2) program retention, and (3) child BMI. We will also examine whether associations differ for participants by access to WIC-authorized retailers, residence in urban v. tribal areas, and household beneficiary categories.

- Role: Co-PI

Recently Completed

Examining Effectiveness of Interventions Targeting Obesity and Obesity-related Outcomes Among At-Risk Populations in Early Childhood Education Settings: A Systematic Review (12/2021 –

07/2022) – Total Cost: \$8,000

Robert Wood Johnson Foundation, Healthy Eating Research

The purpose of this study was to (1) characterize the inclusion of priority populations within ECE physical activity interventions containing PSE approaches and (2) identify effective ECE interventions within these populations.

- Role: Co-I

Culture of Wellness in Schools (COWIS) (10/2017 – 9/2021) – Total Cost: \$8,750,321

Colorado Department of Health and Human Services

This grant allowed for the implementation and study of the Culture of Wellness in Preschools Program and Integrated Nutrition Education program in preschools and elementary schools across Colorado.

- Role: Senior Professional Research Assistant; Program Manager, 50-100% FTE

Culture of Wellness in Preschools (2/2015 – 2/2020) – Total Cost: \$2,035,297

The Colorado Health Foundation

The purpose of this project was to implement and evaluate a multi-component preschool center-based program focused on improving healthy eating and physical activity behaviors in low-income preschool children, their parents, and their teachers.

- Role: Senior Professional Research Assistant, 50-100% FTE

Using a Segmented Plate to Increase Fruit and Vegetable Consumption in Preschoolers: A Nudge Theory Approach to Child Obesity Prevention (07/2017 – 05/2018) – Total Cost: \$2,000

University of Colorado Denver, Department of Health and Behavioral Sciences

The purpose of this study was to test the association between use of plates with fruit and vegetable pictures and consumption of fruits and vegetables among preschool children.

- Role: PI

AWARDS + FELLOWSHIPS

2021	Outstanding PhD Graduate Student, CU Denver, College of Liberal Arts and Sciences
2020	Outstanding Doctoral Student, CU Denver, Dept. of Health and Behavioral Sciences
2020	Online Course Design Graduate Student Fellowship Award, CU Denver (\$4,000)
2020–2021	Teaching Fellow, CU Denver, Dept. of Health and Behavioral Sciences (\$12,000)
2020–2021	Research Fellow, CU Denver, Dept. of Health and Behavioral Sciences (\$8,000)
2020	Summer Research Award, CU Denver, Dept. of Health and Behavioral Sciences (\$4,000)
2019	Student Research Award, CU Denver, Dept. of Health and Behavioral Sciences (\$1,000)
2018	Research Training Award, CU Denver, Dept. of Health and Behavioral Sciences (\$4,500) <ul style="list-style-type: none">• Used to attend ICPSR Summer Workshop “Longitudinal Data Analysis, Including Categorical Outcomes”
2008+2009	Two-Time Women’s Cross Country Scholar Athlete of the Year, Colonial Athletic Conference
2008+2009	Two-Time All-Academic Team Member, U.S. Track and Field Coaches Association

TEACHING EXPERIENCE AND INVITED LECTURES

Fall 2022	Instructor , Arizona State University, College of Health Solutions, CHS 340 Health Theory, <u>Online</u>
2020 – 2021	Recitation Instructor and Teaching Assistant , University of Colorado Denver, Department of Health and Behavioral Sciences, PBHL 3001 Introduction to Epidemiology (4 sections), <u>Online</u>
Spring 2019	Invited Guest Lecturer , University of Colorado Denver, Department of Health and Behavioral Sciences, HBSC 7111 Applications of the Health and Behavioral Sciences (PhD-level requirement), Lecture title: “Writing and Defending your Dissertation Prospectus”
Fall 2019	Invited Guest Lecturer , University of Colorado Denver, Department of Health and Behavioral Sciences, HBSC 7001 Colloquium Series in the Health and Behavioral Sciences (PhD-level requirement), Lecture title: “Beyond Risk: Exploring the Relationship Between Maternal Perceptions of Social Support and Adolescent Body Mass Index Using the Fragile Families Study”
2017—2019	Recitation Instructor and Teaching Assistant , University of Colorado Denver, Department of Health and Behavioral Sciences, PBHL 2001 Introduction to Public Health (5 sections)
Fall 2017	Invited Guest Lecturer , University of Colorado Denver, Department of Health and Behavioral Sciences, PBHL 1001 Race, Class and Health, Lecture title: “Applying a Life Course Perspective to Childhood Obesity Prevention”
Spring 2017	Teaching Assistant , University of Colorado Denver, Department of Health and Behavioral Sciences, PBHL 3070 Global Health Perspectives

STUDENT MENTORSHIP

2022	Theresa Bui, University of Arizona Medical Student – Statistical methodology; Manuscript preparation
2022	Macy Young, Arizona State University Undergraduate Student – Survey methodology
2022	Sarah Uehara, Arizona State University Nutrition and Dietetics Graduate Student – In-depth interview facilitation; Systematic review methodology
2021-2022	Trained and oversaw 20 undergraduate and graduate research assistants contributing to “A Systematic Review of the Association Between Social Support and Body Mass Index Across the Lifespan” project

PROFESSIONAL SERVICE

Ongoing	Ad hoc reviewer for <i>Journal of Nutrition Education and Behavior</i> , <i>PLOS One</i> , <i>Childhood Obesity</i> , <i>Journal of Early Childhood Research</i>
2022	Abstract Reviewer, American Public Health Association Annual Meeting, Food and Nutrition Section, Boston, MA.

- 2022 Session Chair, “School Nutrition and Physical Activity: Social and Physical Environmental Influences”, International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Phoenix, AZ.
- 2022 Panel Discussant, “Nurturing the Next Generation of WIC Researchers”, Healthy Eating Research (HER) Nutrition & Obesity Policy Research & Evaluation Network (NOPREN) WIC Learning Collaborative, virtual meeting.
- 2020 Member, Hiring Committee for Professional Research Assistant, University of Colorado Anschutz, Dept. of Community and Behavioral Health
- 2016 Member, Hiring Committee for two Health Promotion Facilitators, University of Colorado Anschutz, Dept. of Community and Behavioral Health

COMMUNITY SERVICE

- 2018–2020 Member, Early Childhood Obesity Prevention in Early Care and Education Advisory Committee, Colorado Department of Public Health and Environment
- 2015–2019 Member, Health Advisory Committee, Jefferson County Head Start
- 2015–2019 Member, Health Advisory Committee, Lakewood Head Start
- 2015 Member, Community Health Improvement Plan (CHIP) Committee, Larimer County Department of Health and Environment
- 2014–2015 Volunteer, Health Coordinator, Early Childhood Council of Larimer County
- 2014 Volunteer, Nutrition Projects Coordinator, Colorado State University Denver Extension

PROFESSIONAL MEMBERSHIPS

Healthy Eating Research (HER) Early Stage Investigator Work Group (member); Nutrition & Obesity Policy Research & Evaluation Network (NOPREN) COVID-19 Work Group (member); HER NOPREN WIC Learning Collaborative (member); American Public Health Association; International Society of Behavioral Nutrition and Physical Activity