

ISOBEL R. CONTENTO

Program in Nutrition, Department of Health and Behavior Studies
Teachers College Columbia University

EDUCATION

University of California, Berkeley	M.A., Ph.D.
University of California, Berkeley	School of Education. Standard Teaching Credential for High School and Junior College in Biology and Chemistry issued by the State of California for life.
University of Edinburgh, Edinburgh, Scotland	B.Sc. (Honors)

ACADEMIC APPOINTMENTS

1977– present	Associate Professor (1977-92), Professor (1992-1999) and Mary Swartz Rose Professor of Nutrition and Education (1999-present), Teachers College Columbia University.
1985- 2019	Director, Program in Nutrition, Department of Health and Behavior Studies, Teachers College Columbia University.
1969–1977	Faculty Fellow in Biology and Nutrition, Johnston College, University of Redlands, Redlands, California.

OVERVIEW

My research interests focus on the behavioral aspects of nutrition. This includes the development and evaluation of theory-based behaviorally-focused interventions that link health promotion and overweight risk reduction in youth with food system education; the systematic use of theory and research evidence to design nutrition education programs for a variety of populations (adults as well as youth) to motivate and facilitate behavior change and provide environmental supports for change; the role of family in children's food choice; and the evaluation of multi-component nutrition education, including classroom curricula, physical activity, school meals, and school gardens; the training of nutrition educators.

RESEARCH PUBLICATIONS: Publications In Peer Reviewed Journals. (Since 2015 Only)

- Luesse, H. B., Koch, P.A., **Contento I. R.** 2019. Applying the Nutrition Education DESIGN Procedure to the development of the *In Defense of Food Curriculum*. *Health Education Journal* doi.org/10.1177/0017896919850597
- Koch P., **Contento, I. R.**, Gray, H. L., Burgermaster, M., Bandelli, L., Abrams, E., Di Noia, J. 2019. *Food, Health, & Choices: curriculum and wellness interventions to decrease childhood obesity in fifth-graders*. *Journal of Nutrition Education and Behavior* 51:440–455, 2019.
- Paul R, Luesse H.B. Burt L.,**Contento IR**, Fullilove R. (2019). #eatingoodtonight educational campaign over social media. *Nutrition Today* 53(6): 288–292.
- Luesse H, B., Luesse J.E., Lawson, J.E., Koch, P.A., **Contento, I.R.** 2019. *In Defense of Food Curriculum: a mixed methods outcome evaluation in afterschool*. *Health Education and Behavior*, March 4. doi: 10.1177/1090198119831750.
- Luesse H, B. and **Contento, I.R.** 2019. Context considerations for developing the *In Defense of Food Nutrition Education Curriculum*. *Journal of Nutrition Education and Behavior* 51(3): 370-378.
- Lumsden, C., R. Wolf, R., **I. Contento**, C. Basch, P. Zybert, P. Koch, and B. Edelstein. (2019). Feasibility, acceptability, and short-term behavioral impact of the MySmileBuddy intervention for early childhood caries. *Journal of Health Care for the Poor and Underserved*. 30(1): 59-69

- Graziose, M.M., Koch, P.A., Wolf, R., Gray, H.L., & **Contento, I.R.** (2019). Cafeteria noise exposure and fruit and vegetable consumption at school lunch: a cross-sectional study of elementary students. *Appetite*, First published online January 31.
- Ang, I., Wolf, R.L., Koch, P.A., Gray, H.L., Trent, R., Tipton, E., & **Contento, I.R.** (2019). School lunch environmental factors impacting fruit and vegetable consumption. *Journal of Nutrition Education and Behavior*, 51(1):68-79. [open access]
- Lee, J., **Contento, I.R.**, Gray, H.L. (2018). Change in food consumption and the reasons for the change among East Asian international students in New York. *Journal of Hunger & Environmental Nutrition*, First published online December 12
- Alvarez-Sanchez, C, **Contento IR**, Jimenez-Aguilar A, Koch P, Gray HL, Guerra LA, Rivera-Dommarco J, Uribe-Carvajal R, Shamah-Levy T. (2018). Does the Mexican sugar-sweetened beverage tax for a signaling effect? *PLOSOne* Aug 22; 13(8):e0199337, [online; open access]
- Hayes D, **Contento IR**, Weekly C. Position of the Academy of Nutrition and Dietetics, Society of Nutrition Education, and School Nutrition Association: Comprehensive Nutrition Programs and Services in Schools. *Journal of Nutrition Education and Behavior* 50(5): 433-439. 2018
- Shi, Z., Richardson, J.M., Aycinena, A.C., Gray, H.L., Paul, R., Koch, P., **Contento, I.R.**, Gaffney, A.O., & Greenlee, H. (2018). Psychosocial mediators of dietary change among Hispanic/Latina breast cancer survivors in a culturally-tailored dietary intervention. *Psycho-oncology*, 27(9): 2220-2228.
- Graziose MM, Wolf RL, Koch P, Gray HL, **Contento IR**. 2018. Validation of a Questionnaire to Measure Fruits and Vegetables Selected and Consumed at School Lunch among Second- and Third-Grade Students. *Journal of the Academy of Nutrition and Dietetics*. 118:1700-1710.
- Luesse HB, Paul R, Gray HL, Koch P, **Contento I**, Marsick V. 2018. Challenges and facilitators to promoting a healthy food environment and communicating effectively with parents to improve food behaviors of school children. *Maternal and Child Health Journal*. [online] <https://doi.org/10.1007/s10995-018-2472-7>
- Burgermaster M, **Contento I**, Koch P, Mamkina L. 2018. Behavior change is not one size fits all: psychosocial phenotypes of childhood obesity prevention intervention participants. *Translational Behavioral Medicine*. January. [online] doi: 10.1093/tbm/ibx029
- Porter K, Koch P, **Contento I**. 2017. Why and how schools make nutrition education programs “work.” *Journal of School Health*. 88: 23-33.
- Burt, KG, Koch P, **Contento I**. Implementing and Sustaining School Gardens by Integrating the Curriculum. *Health Behavior Policy* 4(5):427-435, 2017.
- Burt KG, Koch P, **Contento I**. Development of the GREEN (Garden Resources Education, and Environment Nexus) Tool: An evidence-based model for school garden integration. *Journal of the Academy of Nutrition and Dietetics*, 117(10):1517-1527, 2017 doi: 10.1016/j.jand.2017.02.008
- Burgermaster M., Koroly J., **Contento, I.R.**, Koch P.A., Gray H.L. (2017). A mixed methods comparison of classroom context during *Food, Health & Choices*, a childhood obesity prevention intervention. *Journal of School Health*, 87(11), 811-822.
- Burgermaster M., Lee Gray H., Tipton E, **Contento, I.R.**, Koch P.A. (2017). Testing an integrated model of program implementation: The *Food, Health & Choices* school-based childhood obesity prevention intervention process evaluation. *Prevention Science* 18:71–82
- Bendelli, L.N., Gray, H.L., Paul, R., **Contento, I.R.**, & Koch, P.A. (2017). Associations among measures of energy balance related behaviors and psychosocial determinants in urban upper elementary school children, *Appetite*, 108(1), 171-182.
- Aycinena AC, Gaffney AG, Koch P, **Contento IR**, Karmally W, Greenlee H. (2017). ¡Cocinar Para Su Salud!: Development of a culturally-based nutrition education curriculum for Hispanic breast cancer survivors using a theory-driven procedural model. *Health Education and Behavior*. Feb;44(1):13-22

- Greenlee, H., Gaffney A.G, Aycinena C, Koch P, **Contento IR**, Karmally W. et al (2016). Long-term diet and biomarker changes after a short-term intervention among Hispanic breast cancer survivors: the ¡Cocinar Para Su Salud! controlled trial. *Cancer Epidemiol Biomarkers Prev* 25(11):1491-1502
- Graziose, M.M., Koch, P.A., Wang, Y.C., Gray, H.L., & **Contento, I.R.** (2016). Cost-effectiveness of a nutrition education curriculum intervention in elementary schools, *Journal of Nutrition Education and Behavior*, First published online November 11, 2016.
- Gray, H.L., Koch, P.A., **Contento, I.R.**, Bendelli, L.N., Ang, I., & Di Noia, J. (2016). Validity and reliability of behavior and theory-based psychosocial determinants measures, using Audience Response System technology in urban upper-elementary schoolchildren. *Journal of Nutrition Education and Behavior*, 48(7), 437-452.
- Graziose, M.M., Gray, H.L., Quinn, J., Rundle, A.G., **Contento, I.R.**, & Koch, P.A. (2016). Association between the built environment in school neighborhoods with physical activity among New York City children, 2012, *Prevention of Chronic Disease*, 13:150581.
- Gray, H.L., **Contento, I.R.**, Koch, P.A., & Di Noia, J. (2016). Mediating mechanisms of theory-based psychosocial determinants on behavioral changes in a middle school obesity risk reduction curriculum intervention, *Choice, Control & Change, Childhood Obesity*, 12(5): 348-359.
- Gray, H.L., Burgermaster, M., Tipton, E., **Contento, I.R.**, Koch, P., DiNoia, J., & Islas, A (2016). Intraclass correlation coefficients for obesity indicators and energy balance related behaviors among New York City public elementary schools. *Health Education & Behavior*. 43(2): 172-181.
- Gray, H.L., Ang, I., **Contento, I.R.**, Koch, P.A., Di Noia, J., & Bendelli, L.N. (2016). Response to validity and reliability of behavior and theory-based psychosocial determinants measures, using audience response system technology in urban upper-elementary schoolchildren: Limitations of Pearson's r and percent agreement. *Journal of Nutrition Education and Behavior*, 48(10), 757-758.
- Crookes DM, Shelton RC, Tehranifar P, Aycinena AC, Gaffney AO, Koch P, **Contento IR**, Greenlee H. (2016). Social networks and social support for healthy eating among Latina breast cancer survivors: implications for social and behavioral interventions. *Journal of Cancer Survivors*. Apr;10(2):291-301
- Greenlee H, Ogden Gaffney A, Aycinena C, Koch P, **Contento IR**, Karmally W, et al. (2015). ¡Cocinar Para Su Salud!: Randomized controlled trial of a culturally based dietary intervention among Hispanic breast cancer survivors. *Journal of the Academy of Dietetics and Nutrition* 115:709–723, 2015.
- Feather A, Aycinena AC, Lovais G, Rundle A, Gaffney AO, Richardson J, Hershman D, Koch PA, **Contento IR**, Greenlee H. Food environments are relevant to recruitment and adherence in dietary modification trials. *Nutrition Research* 35(6), 2015. DOI: 10.1016/j.nutres.2015.04.007.
- Gray, HL, **Contento, IR**, & Koch, PA. (2015). Linking implementation process to intervention outcomes in a middle school obesity prevention curriculum, *Choice, Control & Change. Health Education Research*. 30(2), 248-261. PMID: PMC4364056
- Majumdar D, Koch PA, Lee H, **Contento IR**, de Lourdes Islas-Ramos A, & Fu D. Nutrition science and behavioral theories integrated in a serious game for adolescents. *Simulation & Gaming* 2015; 46(1): 68-97

INVITED LECTURES AND PRESENTATIONS (Selected from 2010)

- Behavior Change Interventions in Schools, Homes, and Workplaces: An Overview*. Keynote presentation at Behavior Change Scientific Meeting and Workshop organized jointly by The Malaysian Ministry of Health, MIGHT and The Sackler Institute for Nutrition Science of the New York Academy of Sciences, held in collaboration with Universiti Sains Malaysia, Kota Baru, Malaysia, July 17, 2016.
- Theory of Behavior Change in Obesity Interventions Using the D.E.S.I.G.N. approach to developing and evaluating nutrition education in schools and communities* Leader of two-day workshop of nutrition educators nationwide to develop local programs to address childhood obesity. Kota Baru, Malaysia, July 18-19, 2016
- Developing and Evaluating Nutrition Education in Schools*. Presentation at 12th Asian Congress of Nutrition. “Nutrition and Food for Longevity: For the Well-Being of All.” Yokohama, Japan. May 21, 2015

Nutrition Education in Schools and Communities. Keynote presentation at International Federation for Home Economics meeting - Action for Family and Consumer Wellbeing: Home Economics Literacy Bringing Skills to Life. Malta, March 19-21, 2015.

An Overview of the Social Ecological Model for Health Promotion. Presentation at the New York City Nutrition Education Network Meeting - Social Ecological Model: A Bridge to Behavior Change through Collaborations. New York City November 7, 2014.

Dietary Guidelines Recommendations and Visual Images: Viewpoint of the Nutrition Educator. Speaker. International Meeting for the Dietary and Physical Activity Guidelines for the Mexican Population. Mexico City. March 2014.

Nutrition Education: Lessons from the Past. Keynote speaker. National Nutrition Education Curriculum Standards Workshop, March 11, 2013. AND: *Setting the Stage – What are the Challenges that Lie Ahead?* Keynote speaker. National Nutrition Education Curriculum Standards Workshop Institute of Medicine and USDA. Washington DC . March 12, 2013

Preventing Childhood Obesity: How Can Nutrition Education Help? At Fulbright Brainstorms 2012 - Childhood Obesity: The 21st Century Epidemic. Sponsored by American Embassy and Fulbright Commission Portugal. Gulbenkian Foundation Lisbon May 3-4, 2012.

Using a Stepwise Procedure to Design Quality Nutrition Education (with Pam Koch). Workshop at the *American Society for Nutrition's Scientific Sessions* at Experimental Biology meetings San Diego, April 23, 2012

Planning Effective Strategies for Culinary Educators in the Classroom (with Pam Koch). Presentation at *Chefs Move to Schools* Workshop at the Annual conference of The International Association of Culinary Professionals, April 1, 2012

Educating for Effectiveness: Designing and evaluating theory-based nutrition education programs. Presentation at Nutrition Department Seminars. University of California, Davis. December 12, 2011

Elements contributing to effective nutrition education. Presentation at meeting of the Latin America Division of 17 countries of the Food and Agriculture Organization of the United Nations, December 6-7: AND *Monitoring and evaluating nutrition education programs.* Presentation at meeting of the Latin America Division of 17 countries of the Food and Agriculture Organization of the United Nations: *The Role Of Food And Nutrition Information, Communication And Education In The Promotion Of Food And Nutrition Security.* December 6-7, 2011

Strategies for enhancing nutrition education effectiveness. Keynote presentation at Ohio EFNEP/SNAP-Ed conference on Childhood Obesity: Social Ecological Perspective. Columbus Ohio, 2010

CURRENT AND RECENTLY COMPLETED RESEARCH GRANTS

2015-2020 **National Institutes of Health.** *Cook For Your Life:* Maintaining dietary and physical activity changes among breast cancer survivors *Principal Investigator* of subcontract. (PI: H. Greenlee, Columbia University Mailman School of Public Health)

2015-2017 **FoodCorps** School Food Environment and Lunchroom Consumption Project. *Co-Investigator.* (PI: PA Koch).

Wellness in the Schools Program. Outcome and Process Evaluation of the *Cook for Kids* and *Coach for Kids* Program. *Co-Investigator.* (PI: PA Koch).

2010-2015 **Agriculture and Food Research Initiative, US Department of Agriculture.** Reducing childhood obesity: An innovative curriculum with wellness policy support. *Principal Investigator.* (Co-PI: PA Koch).

2010-2012 **National Institutes of Health/National Cancer Institute.** Implementing dietary change among Hispanic breast cancer survivors. *Principal Investigator* of subcontract (PI: H. Greenlee, Columbia University Mailman School of Public Health).