

COURTNEY E. BYRD-WILLIAMS, PHD

CURRICULUM VITAE, OCTOBER 2017

The University of Texas School of Public Health, Austin Regional Campus

Michael and Susan Dell Center for Healthy Living

1616 Guadalupe Street, 6.300, Austin, TX 78701

E-mail: courtney.e.byrdwilliams@uth.tmc.edu

Work Phone: (512) 391-2508, Cell Phone: (626) 688-0894

EDUCATION

Postdoctoral Fellow Sept 2009 – Aug 2012	University of Texas School of Public Health, Cancer Education and Career Development Program Grant number: NCI/NIH Grant R25 CA57712-17
Ph.D. 2009	Preventive Medicine, Health Behavior Research University of Southern California, Los Angeles, CA Thesis mentor: Michael I. Goran, PhD Thesis topic: <i>Associations between physical activity and adiposity among adolescents: Potential moderators and confounders</i>
B.A. 1999	Psychology University of Texas at Austin, Austin, TX Focus on Health Psychology

RELEVANT EMPLOYMENT

UNIVERSITY OF TEXAS SCHOOL OF PUBLIC HEALTH, Austin, TX Assistant Professor	2015-present
UNIVERSITY OF TEXAS SCHOOL OF PUBLIC HEALTH, Austin, TX Faculty Associate	2012-2015
UNIVERSITY OF TEXAS SCHOOL OF PUBLIC HEALTH, Austin, TX Postdoctoral Fellow for Drs. Patricia Mullen and Deanna Hoelscher	2009-2012
UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, CA Graduate Research Assistant for Dr. Michael I. Goran	2006-2009
UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, CA Graduate Research Assistant for Dr. Mary Ann Pentz	2004-2006
UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF PUBLIC HEALTH NURSING Social Science Research Associate II for Dr. Lynn Rew	2003
UNIVERSITY OF TEXAS AT AUSTIN, DEPARTMENT OF CLINICAL PSYCHOLOGY Social Science Research Associate I for Dr. Eric Stice	2001-2002

RESEARCH INTERESTS

- Individual, social, and environmental predictors of eating, physical activity, and oral health behaviors of infants, toddlers, preschoolers, children, adolescents, and their families.
- Effects of nutrition and physical activity interventions on behavioral constructs, body composition, and metabolic profiles in youth.
- Individual, social, and worksite environmental factors related to breastfeeding outcomes and perceived breastfeeding support.

PEER-REVIEWED PUBLICATIONS

**indicates postdoctoral, graduate, or undergraduate mentee*

PUBLISHED OR IN PRESS

1. **Byrd-Williams CE**, Dooley EE*, Sharma SV, Chuang RJ, Butte NF, Hoelscher DM. "Best practices and barriers to obesity prevention in Head Start: Baseline differences in director and teacher perceptions from the TX CORD Study." *Preventing Chronic Disease*. (In Press).
2. Butte NF, Hoelscher DM, Barlow SE, Pont S, Durand C, Vandewater EA, Liu Y, Adolph AL, Pérez A, Wilson TA, Gonzalez A, Puyau MR, Sharma SV, **Byrd-Williams CE**, Oluyomi A, Huang T, Finkelstein EA, Sacher PM, Kelder SH. "Efficacy of a Community- Versus Primary Care-Centered Program for Childhood Obesity: TX CORD RCT." *Obesity*. 2017 Sep;25(9):153-162
3. Romo-Palafox MJ, Ranjit N, Sweitzer SJ, Roberts-Gray C, **Byrd-Williams CE**, Briley ME, Hoelscher DM. "Adequacy of Parent-Packed Lunches and Preschooler's Consumption Compared to Dietary Reference Intake Recommendations." *Journal of the American College of Nutrition*. 2017 Jan 6:1-8. doi: 10.1002/oby.21929
4. Roberts-Gray C, Sweitzer SJ, Ranjit N, Potratz C, Rood M, Romo-Palafox MJ, **Byrd-Williams CE**, Briley ME, Hoelscher DM. "Structuring Process Evaluation to Forecast Use and Sustainability of an Intervention Theory and Data From the Efficacy Trial for Lunch Is in the Bag." *Health Education & Behavior*. 2016 Nov 17:1090198116676470.
5. Dev D, **Byrd-Williams C**, Ramsay S, McBride B, May A, Arcan C, Shrivastav D, Adachi-Meija A. "Engaging Parents to Promote Children's Nutrition and Health." *American Journal of Health Promotion*. 2017 Mar;31(2):153-162. doi: 10.1177/0890117116685426
6. Roberts-Gray C, Briley ME, Ranjit N, **Byrd-Williams CE**, Sweitzer S, Sharma SV, Palafox MR, Hoelscher DM. "Efficacy of the Lunch is in the Bag intervention to increase parents' packing of healthy bag lunches for young children: a cluster-randomized trial in early care and education centers." *International Journal of Behavioral Nutrition and Physical Activity*. 2016 Jan 8;13(1):3. doi: 10.1186/s12966-015-0326-x
7. Romo-Palafox M, Ranjit N, Sweitzer S, Roberts-Gray C, Hoelscher D, **Byrd-Williams C**, Briley M. "Dietary Quality of Preschooler's Sack Lunches as Measured by the Healthy Eating Index". *Journal of the Academy of Nutrition and Dietetics*. 2015 Nov;115(11):1779-88. doi: 10.1016/j.jand.2015.05.017.
8. Sharma S, Rashid T, Ranjit N, **Byrd-Williams C**, Chaung R, Roberts-Gray C, Briley M, Sweitzer S, Hoelscher D. "Effectiveness of the Lunch is in the Bag program on communication between the parent, child and child-care provider around fruits, vegetables and whole grain foods: a group-randomized controlled trial". *Preventive Medicine*. 2015 Jul 17;81:1-8. doi: 10.1016/j.ypmed.2015.07.005.

9. **Byrd-Williams CE**, Camp E, Mullen PD, Briley M, Hoelscher DM. "How local and state regulations affect the child care food environment: A qualitative study of directors' perspectives." *Infant, Child, and Adolescent Nutrition*. 2015 Apr;7(2):99-106.
10. Sweitzer S, **Byrd-Williams C**, Ranjit N, Briley M, Roberts-Gray C, Hoelscher D. "Development of a method to observe preschoolers' packed lunches in child care centers." *Journal of the Academy of Nutrition and Dietetics*. 2015 May 12. Pii:S2212-2672(15)329-9. doi: 10.1016/j.jand.2015.03.012
11. Oluyomi O, Byars A, **Byrd-Williams CE**, Sharma S, Durand C, Hoelscher DM, Butte N, Kelder SH. "The utility of geographical information systems (GIS) in systems-oriented obesity intervention projects: The selection of comparable study sites for a quasi-experimental intervention design – TX CORD." *Childhood Obesity*. 2015 Feb; 11(1):58-70. doi: 10.1089/chi.2014.0054
12. Hoelscher DM, Butte NF, Barlow S, Vandewater EA, Sharma SV, Huang TK, Finkelstein E, Pont SJ, Sacher P, **Byrd-Williams CE**, Oluyomi O, Durand C, Li L, Kelder SH. "A systems approach to childhood obesity prevention and treatment: The Texas Child Obesity Research Demonstration (TX CORD) Study." *Childhood Obesity*. 2015 Feb; 11(1):71-91. doi: 10.1089/chi.2014.0084
13. Sharma S, Upadhyaya M, Schober D, **Byrd-Williams CE**. "A conceptual framework of organizational readiness to implement nutrition and physical activity programs in early childhood education (ECE) settings." *Preventing Chronic Disease*. 2014 Oct 30;11:E190. PMID: 4215571; doi :10.5888/pcd11.140166
14. Springer AE, Kelder SH, **Byrd-Williams CE**, Pasch KE, Ranjit N, Delk JE, Hoelscher DM. "Promoting energy-balance behaviors among ethnically diverse adolescents: Overview and baseline findings of the central Texas CATCH Middle School Project." *Journal of Health Education and Behavior*. 2013 Oct;40(5):559-70. PMID: n/a; doi: 10.1177/1090198112459516.
15. Sharma S, Skala K., **Byrd-Williams CE**, Truxillio JB, Rahman GA. "Nutrition-related knowledge, attitudes, and dietary behaviors among Head Start teachers in Texas: A cross-sectional study." *Journal of the Academy of Nutrition and Dietetics*. 2013 Apr;113(4):558-62. PMID: 3619413; doi: 10.1016/j.jand.2013.01.003.
16. Belcher BR, Chou CP, Nguyen-Rodriguez ST, Hsu YW, **Byrd-Williams CE**, McClain AD, Weigensberg MJ, Spuijt-Metz D. "Leptin predicts a decline in moderate to vigorous physical activity in minority female children at risk for obesity." *Pediatric Obesity*. 2013 Feb;8(1):70-7. PMID: PMC3527645; doi: 10.1111/j.2047-6310.2012.00091.x.
17. Hasson RE, Adam TC, Davis JN, Kelly LA, Ventura EE, Toledo-Corral C, **Byrd-Williams CE**, Roberts CK, Lane CJ, Azen SP, Chou C, Spruijt-Metz D, Weigensberg MJ, Berhane K, Goran MI. "Randomized controlled trial to improve adiposity, inflammation, and insulin

- resistance in obese African American and Latino youth.” *Obesity*. 2012 Apr;20 (4):811–18. PMID: 3106142; doi:10.1038/oby.2010.343.
18. Alderete TL, Gyllenhammer LE, **Byrd-Williams CE**, Spruijt-Metz D, Goran MI, David JN. “Increasing physical activity decreases hepatic fat and metabolic risk factors.” *Journal of Exercise Physiology Online*. 2012 Apr;15(2):40-54. PMID: PMC3695481; ISSN: 1097-9751.
19. Davis JN, Ventura EE, Tung A, Munerva MA, Hasson RE, **Byrd-Williams CE**, Vanni AK, Spruijt-Metz D, Weigensberg M, Goran MI. “Effects of a randomized maintenance intervention on adiposity and metabolic risk factors in overweight minority adolescents.” *Pediatric Obesity*. 2012 Feb;7(1):16-27. PMID: 3313084; doi:10.1111/j.2047-6310.2011.00002.x.
20. Alderete TL, **Byrd-Williams CE**, Toledo-Corral CM, Conti DV, Weigensberg MJ, Goran MI. “Relationships between IGF-I and IGFBP-I and adiposity in obese African American and Latino adolescents.” *Obesity*. 2011 May;19(5):933-8. PMID: 3081365; doi: 10.1038/oby.2010.211.
21. **Byrd-Williams CE**, Belcher BR, Spruijt-Metz D, Davis JN, Ventura EE, Kelly LA, Berhane K, Azen S, Goran MI. “Increased physical activity and reduced adiposity in overweight Hispanic adolescents.” *Medicine and Science in Sports and Exercise*. 2010 Mar;42(3):478-84. PMID: 189418; doi: 10.1249/MSS.0b013e3181b9c45b.
22. Davis JN, Ventura EE, Shaibi GQ, **Byrd-Williams CE**, Alexander KE, Vanni AK, Meija MR, Lane CJ, Weigensberg MJ, Spruijt-Metz D, Goran MI. “Interventions for improving metabolic risk in overweight Latino youth.” *International Journal of Pediatric Obesity*. 2010 Oct;5(5):451-5. PMID: 20387989; doi: 103109/17477161003770123.
23. Ranjit N, Evans M, **Byrd-Williams CE**, Evans A, Hoelscher DM. “Dietary and activity correlates of sugar-sweetened beverage consumption among adolescents.” *Pediatrics*. 2010 Oct;126(4):e754-61. PMID: 3045775; doi:10.1542/peds.2010-1229.
24. **Byrd-Williams CE**, Kelly LA, Strothers M, Huang TK. “Dietary fiber and associations with adiposity and fasting insulin among college students with plausible dietary reports.” *Nutrition: The International Journal of Applied and Basic Nutritional Sciences*. 2009 Sep;25(9):896-904. PMID: 2780237; doi: 10.1016/j.nut.2009.02.003.
25. Davis JN, Kelly LA, Ventura EE, **Byrd-Williams CE**, Alexander KE, Azen SP, Chou CP, Spruijt-Metz D, Weigensberg MJ, Behrane K, Goran MI. “Randomized control trial to improve adiposity and insulin resistance in overweight Latina adolescents.” *Obesity*. 2009 Aug;17(8):1542-8. PMID: 2846423; doi: 10.1038/oby.2009.19.

26. Davis JN, Tung A, Chak SS, Ventura EE, **Byrd-Williams CE**, Alexander KA, Lane CJ, Weigensberg MJ, Spruijt-Metz D, Goran MI. "Aerobic and strength training reduces adiposity in overweight Latina adolescents." *Medicine and Science in Sports and Exercise*. 2009 Jul;41(7):1494-503. PMID: 2836768; doi: 10.1249/MSS.0b013e31819b6aea.
27. Ventura EE, Davis JN, **Byrd-Williams CE**, Alexander KE, McClain A, Lane CJ, Spruijt-Metz D, Weigensberg MJ, Goran MI. "Reduction in risk factors for type 2 diabetes mellitus in response to a low-sugar, high-fiber dietary intervention in overweight Latino adolescents." *Archives of Pediatrics and Adolescent Medicine*. 2009 Apr;163(4):320-7. PMID: 285081.
28. Kelly LA, Lane CJ, Ball GD, Weigensberg MJ, Vargas LG, **Byrd-Williams CE**, Ventura EE, Goran MI. "Birth weight and body composition in overweight Latino youth: a longitudinal analysis." *Obesity*. 2008 Nov;108(8):2524-8. PMID: n/a; doi: 10.1038/oby.2008.401.
29. **Byrd-Williams CE**, Shaibi GQ, Ventura EE, Sun P, Lane CJ, Davis JN, Kelly LA, Goran MI. "Cardiorespiratory fitness predicts changes in adiposity in overweight Hispanic boys." *Obesity*. 2008 May;16(5):1072-7. PMID: 2831808; doi: 10.1038/oby.2008.16.
30. Ventura EE, Davis JN, Alexander KE, Shaibi GQ, Lee W, **Byrd-Williams CE**, Toledo-Corral CM, Lane CJ, Kelly LA, Weigensberg MJ, Goran MI. "Dietary intake and the metabolic syndrome in overweight Latino children." *Journal of American Dietetic Association*. 2008 Aug;108(8):1355-9. PMID: 2882193; doi:10.1016/j.jada.2008.05.006.
31. Davis JN, Alexander KE, Ventura EE, Kelly LA, Lane CJ, **Byrd-Williams CE**, Toledo-Corral CM, Roberts CK, Spruijt-Metz D, Weigensberg MJ, Goran MI. "Associations of dietary sugar and glycemic index with adiposity and insulin dynamics in overweight Latino youth." *American Journal of Clinical Nutrition*. 2007 Nov;86(5):1331-8. PMID: n/a.
32. Koebnick C, Shaibi GQ, Kelly LA, Roberts CK, Lane CJ, Toledo-Corral C, Davis JN, **Byrd-Williams CE**, Weigensberg MJ, Goran MI. "Leptin-to-adiponectin ratio as independent predictor of insulin sensitivity during growth in overweight Hispanic youth." *Journal of Endocrinological Investigation*. 2007 Jul-Aug;30(7):RC13-6. PMID: n/a.
33. **Byrd-Williams CE**, Kelly LA, Davis JN, Spruijt-Metz D, Goran MI. "Influence of gender, BMI, and Hispanic ethnicity on physical activity in children." *International Journal of Pediatric Obesity*. Jul 2007;2(3):159-66. PMID: n/a; doi: 10.1080/17477160701369167.

UNDER REVIEW

34. **Byrd-Williams C**, Mahajan S*, Joyce C*, Romo-Palafox M, Roberts-Gray C, Briley M, Swetizer S, Hoelscher D. "The policies of early care and education centers regarding classroom celebrations in three Texas cities: A content analysis of parent handbooks." *Under review*.

35. Alcazar L*, Upadhyaya M*, Sharma S, **Byrd-Williams CE**. "Barriers and facilitators for implementation of early childhood and education centers (ECE)-based nutrition and physical activity programs among children ages 0 to 5 years". *Under review*.
36. Romo-Palafox MJ, Ranjit N, Sweitzer SJ, Roberts-Gray CR, **Hoelscher DM**, Byrd-Williams C, Briley ME. Nutrient quality of preschooler's lunches as measured by dietary reference intakes and acceptable macronutrient distribution range. *Under review*.
37. Maurer MB*, Sharma SV*, Vandewater EA, Pont SJ, Byrd-Williams C*, Oluyomi AO*, Durand CP*, Butte NF, **Hoelscher DM**. What are the associations between parent socio-demographic characteristics and parent food store selection in low-income, ethnically diverse families? *Under review*.

BOOK CHAPTERS

1. Day RS, Hoelscher DM, **Byrd-Williams CE**, Wilkinson ML. Validity and reliability of dietary assessment in school-age children. In: Berdanier CD, Ed., *Handbook of Nutrition and Food, Third Edition, 2013*. Taylor and Francis Group, Boca Raton, FL.

GRANT ACTIVITIES

**Dollars shown are total direct costs, not including indirect costs*

CURRENTLY FUNDED

1. Funding Agency: NIH, National Institute for Dental and Craniofacial Research (NIDCR)
PI and Date: Sharma 07/01/2017 - 06/30/2018
Role and Amount: Co-Investigator \$269,500
Title: CATCH Healthy Smiles: Planning and feasibility of an elementary school-based child oral health RCT
Description: The aim of this one year planning grant is to develop and assess the feasibility of the protocols to be used in a group-RCT to test the efficacy of a school-based oral health curriculum, CATCH Healthy Smiles.
2. Funding Agency: Maternal and Child Health Bureau (MCHB)/HRSA
PI and Date: **Byrd-Williams** 06/01/2014 - 07/31/2019
Role and Amount: PI \$905,581
Title: Certificate in Maternal and Child Health (MCH) Public Health
Description: The purpose of the project is to develop distance learning training modules MCH professionals in rural areas of five southeastern states and Michigan.
3. Funding Agency: NIH, National Institute of Child Health & Human Development (NICHD)
PI and Date: Sharma 05/01/2015 - 09/31/2018
Role and Amount: Co-Investigator \$275,000
Title: PALS/CATCH
Description: The purpose of the study is to develop, implement, and evaluate a home-visiting program to improve nutrition and physical activities of 2-4 year olds by encouraging parents to engage in responsive parenting.

4. Funding Agency: Michael & Susan Dell Foundation
PI and Date: Hoelscher 08/01/2014 - 07/31/2018
Role and Amount: Co-Investigator \$4,518,512
Title: *Working Toward Healthy Children in a Healthy World*
Description: The Michael and Susan Dell Center for Healthy Living increases the capacity for research and community outreach; enhances effective translation and communication of research results into action; and increasingly focuses on systems-level changes.

5. Funding Agency: Texas Department of State Health Services
PI and Date: **Byrd-Williams** 05/01/2015 - 08/31/2018
Role and Amount: PI \$708,750
Title: *The Texas Mother-Friendly Worksite Program*
Description: The purpose of the project is to implement and evaluate the Texas Mother-Friendly Worksite Program, which acknowledges and designates Texas employers with worksite lactation policies to support employees who choose to breastfeed their infants.

6. Funding Agency: Seton Healthcare Systems
PI and Date: **Byrd-Williams** 04/01/2015 - 08/31/2018
Role and Amount: PI \$140,000
Title: *Evaluation of Dell Children's Medical Center Texas Center for Prevention and Treatment of Childhood Obesity*
Description: The purpose of the project is to evaluate childhood obesity programs being implemented at the Texas Center for Prevention and Treatment of Childhood Obesity.

7. Funding Agency: Centers for Disease Control and Prevention (U18 DP003367 04)
PI and Date: Hoelscher 09/30/2012 - 09/29/2016
Role and Amount: Co-Investigator \$3,509,956
Title: *Systems approach to obesity prevention in underserved child (TEXAS CORD)*
Description: This project will examine obesity effects for 2-12 year old children of a community-based secondary prevention program embedded within a primary prevention program implemented through schools, clinics, and the community.

8. Funding Agency: Texas Health and Human Services Commission (1115 Medicaid Waiver)
PIs and Date: Sharma 04/01/2014 - 03/31/2017
Role and Amount: Co-Investigator \$1,650,000
Title: *UT Healthy Eating and Active Living for Pregnant Women, Mothers, and Babies*
Description: The project purpose is to implement and evaluate evidence-based programs to promote healthy diets and physical activity in pregnant women, mothers of infants, and infants (0-2y).

PREVIOUSLY FUNDED

1. Funding Agency: Michael and Susan Dell Foundation
PI and Date: **Byrd-Williams** 06/01/2013 -12/31/2016
Role and Amount: PI \$310,000
Title: *Go Austin! Vamos Austin! (GAVA)*

Description: The purpose of the project is to employ community-based strategies to reduce the prevalence of childhood obesity in an underserved neighborhood in Austin, TX.

2. Funding Agency: NIH, National Cancer Institute (1 R01 CA149643-01)
PI and Date: Hoelscher 06/01/2010 - 01/31/2015
Role and Amount: Co-Investigator \$2,004,950
Title: *Lunch is in the Bag: Packing more fruit, vegetables, & whole grains in preschool sack lunches*
Description: The purpose of the study is to measure the effects of a parent education program on the amount of fruit, vegetables, and whole grains packed in sack lunches at 30 preschool centers in Houston, Austin, and San Antonio, TX.
3. Funding Agency: NIH, National Cancer Institute (1 R01 CA149643-01 supplement)
PI and Date: Hoelscher 09/01/2012 - 01/31/2014
Role and Amount: Co-Investigator \$75,000
Title: *Lunch is in the Bag (Supplement): Packing more fruit, vegetables, and whole grains in preschool sack lunches*
Description: The purpose of this supplemental award is to examine the effects of adding teacher training to a parent education program that aims to increase the amount of fruit, vegetables, and whole grains packed in preschoolers' sack lunches.
4. Funding Agency: Michael and Susan Dell Center for Healthy Living
PI and Date: **Byrd-Williams** 10/01/2010 - 12/01/2012
Role and Amount: PI \$5,000
Title: *Survey of food service practices in child care centers in major Texas cities*
Description: The purpose of the project is to conduct a phone survey of child care centers in two major Texas cities to assess the food service practices and policies, as well as the demographic composition of children attending the child care centers.

SELECTED POSTER PRESENTATIONS

**indicates postdoctoral, graduate, or undergraduate mentee*

1. **Byrd-Williams C**, Matthews K*, Foster H*, Driver D*, Carver A. *Lactation in the workplace: A systematic review of employee accommodations to improve breastfeeding outcomes of working women.* Accepted as an oral presentation at American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.
2. **Byrd-Williams C**, Perez C*, Matthews K*, Carver A. *A Spatial Analysis of Access to Breastfeeding Support Resources at the County-Level in Texas: Are rural or border counties less likely to have resources?* Accepted as a short oral presentation at American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.
3. **Byrd-Williams C**, Carver A, Foster H*, Stagg J, Herron K*, Matthews K*. *How can companies support breastfeeding? Case studies of mother-friendly worksite initiatives at two multi-national employers.* Accepted as a poster presentation at American Public Health Association (APHA) annual meeting; 2017 November 4 – 8; Atlanta, GA.

4. Herron K*, Matthews K*, Carver A, Reat A*, **Byrd-Williams C.** *State-wide initiatives that recognize worksite lactation support programs: A qualitative analysis on perceived benefits and barriers to including a written policy as a requirement for workplace lactation support recognition.* Poster presented at Texas Public Health Association 93rd Annual Education Conference in Fort Worth; 2017 March 27-29; Fort Worth, TX.
5. Matthews K*, Reat A*, Carver A, **Byrd-Williams C.** *Application of the Program Sustainability Assessment Tool to Evaluate the Sustainability of State-Wide Worksite Lactation Support Programs.* Abstract presented at the 9th Annual Conference on the Science of Dissemination and Implementation in Health; 2016 December 14-15, Washington D.C.
6. **Byrd-Williams C,** Romo-Palafox M, Briley M, Roberts-Gray C, Sweitzer S, Hoelscher D. *Policies for Birthday Celebration Parties at Early Child Care and Education (ECE) Centers.* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
7. **Byrd-Williams C,** Chuang R, Nader P, Bounds G , Spencer A, Hoelscher D, Sharma SV. *A Pilot Study of a Multi-Component, Community-Based Program among Medicaid-eligible Pregnant Women in Houston, Texas.* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
8. Massie A*, Hoelscher D, Ranjit N, **Byrd-Williams C,** Sharma S, Butte N. *Are evening meal practices associated with dietary intake among children in low-income families?* Abstract presented at The Obesity Society Conference (TOS); 2016 October 31- Nov 4, New Orleans, LA.
9. Reat A*, Matthews K*, Carver A, Stagg J, **Byrd-Williams C.** *Comparison of worksite lactation support initiatives in the US by state.* Abstract presented at American Public Health Association (APHA); 2016 October 29-Nov 2, Denver, CO.
10. Chuang R, Sharma S, **Byrd-Williams C,** Vandewater E, Kelder S, Butte N, Hoelscher D. *Does implementation of the CATCH Early Childhood program help increasing communications between teacher, parent and child around healthy eating and physical activity? The TX CORD Study.* Abstract presented at American Public Health Association (APHA); 2016 October 29-Nov 2, Denver, CO.
11. Mahajan S*, Joyce C*, Hoelscher D, Roberts-Gray C, Briley M, **Byrd-Williams C.** *Cancer prevention started early: Evaluating the lunch policies of child care centers in Texas.* Abstract presented at Cancer in Prevention and Research Institute of Texas Conference; 2015 November 9-10, Austin, TX.
12. **Byrd-Williams C,** Sharma S, Vandewater E, Kelder S, Chuang L, Butte N, Hoelscher D. *Head Start teacher's perceptions to barrier to obesity prevention programs.* The Obesity Society annual meeting; 2015 November 2-7, Los Angeles, CA.

13. Briley ME, Romo-Palafox MJ, Sweitzer SJ, Ranjit N, **Byrd-Williams CE**, Roberts Gray C, Hoelscher DM. *Analysis of Preschooler's Sack Lunches: If parents pack more does the child eat more?* Food and Nutrition Conference and Expo; 2015 October 3-6; Nashville, TN.
14. Romo-Palafox MJ, Sweitzer SJ, Ranjit N, Roberts-Grey C, Hoelscher DM, **Byrd-Williams CE**, Briley ME. *Preschoolers' sack lunches containing milk and 100% fruit juice have higher dietary quality than other beverage choices.* Food and Nutrition Conference and Expo; 2015 October 3-6; Nashville, TN.
15. Romo-Palafox MJ, Hoelscher DH, Ranjit N, Sweitzer SJ, Roberts-Gray C, **Byrd-Williams C**, Briley ME. *Dietary Quality of Preschooler's Lunches as Measured by the Healthy Eating Index.* International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
16. Sweitzer SJ, Romo-Palafox MJ, Hoelcher DM, Ranjit R, Roberts Gray C, **Byrd-Williams CE**, Briley ME. *How do Healthy Eating Index Scores Translate to What Parents Pack for Their Preschooler's Lunches.* International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
17. Briley ME, Romo-Palafox MJ, Sweitzer SJ, Ranjit N, **Byrd-Williams CE**, Roberts Gray C, Hoelscher DM. *Nutrient Quality of Preschooler's Lunches as Measured by Dietary Reference Intakes and Acceptable Macronutrient Distribution Range.* International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland.
18. **Byrd-Williams C**, Sweitzer S, Ranjit N, Sharma S, Roberts-Gray C, Briley M, Hoelscher DM. *A pilot-study to test effects of teacher nutrition training on preschoolers' lunches sent from home in early care and education (ECE) centers.* The Obesity Society annual meeting; 2014 November 2-7; Boston, MA.
19. Hoelscher DM, Butte N, Barlow S, Vandewater E, Sharma S, Kelder SH, Pont S, **Byrd-Williams CE**, Huang T, Finkelstein E. *Childhood obesity and related behaviors among underserved, minority communities in Texas remain high.* The Obesity Society annual meeting; 2014 November 2-7; Boston, MA.
20. Potratz CR, Roberts-Gray C, **Byrd-Williams CE**, Briley M, Sweitzer SJ, Hoelscher DM. *Directors' perspectives on early care and education (ECE) centers' interactions with parents about food brought from home.* The Society for Nutrition Education and Behavior annual meeting; 2014 June 27-July 1; Milwaukee, WI.
21. Sweitzer S, Ranjit N, Briley M, Palafox MJR, Roberts-Gray C, **Byrd-Williams CE**, Hoelscher DM. *Efficacy trial of Lunch is in the Bag to positively change preschool parents' lunch packing behaviors.* The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.

22. Sharma S, Rashid T, Chuang R, Sweitzer S, **Byrd-Williams CE**, Ranjit N, Roberts-Gray C, Hoelscher DM. *Effect of 'Lunch is in the Bag' program on communication between parents, children and the children's early care and education centers (ECEC) around fruits, vegetables and whole grains*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
23. **Byrd-Williams CE**, Valmond J, Chen N, Sweitzer S, Sharma S, Hoelscher DM. *What guidance do childcare centers give parents about packing lunch for their preschoolers? A content analysis of documentation given to parents*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
24. Oluyomi O, Byars A, Durand C, **Byrd-Williams CE**, Sharma S, Hoelscher DM, Butte N, Kelder S. *A geographical information science (GIS) approach to conducting area-level comparative analysis of study areas in a community-wide obesity prevention intervention study – The case of Texas CORD*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
25. Sweitzer S, Sharma S, **Byrd-Williams CE**, Romo MJ, Bergez E, Briley M. *How day care home owners view their role in preventing childhood obesity*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
26. **Byrd-Williams CE**, Sweitzer S, Roberts-Gray C, Galea A, Briley M, Hoelscher DM. *Who is responsible for providing food for preschoolers in child care centers? A survey of food provision practices in two major cities in Texas*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
27. Robert-Gray C, Briley M, Hoelscher DM, Sweitzer S, **Byrd-Williams CE**. *Structured critique for the formative testing phase of a multi-level behavioral intervention*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
28. Springer A, Stovall M, **Byrd-Williams CE**, Tanguturi Y, Case K, Belansky E. *The Colorado Active Learning Project (CALP): Organizational and environmental strategies for promoting physical activity in low-income elementary school children*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.
29. Valmond J, **Byrd-Williams CE**, Chen N, Sweitzer S, Briley M, Robert-Gray C. *Assessing the nutrition environment of childcare centers in Texas, USA using the Environmental and Policy Assessment and Observation (EPAO) adapted for centers with parent-provided food*. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.

30. **Byrd-Williams CE**, Hoelscher DM, Butte N, Barlow S, Wilson T, Sacher P, Radley D. *Behavioral outcomes following a pilot study to test the USA version of the Mind, Exercise, Nutrition, Do it! (MEND) program to low-income 7-14 year old obese children.* The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
31. **Byrd-Williams CE**, Sharma S, Evans A, Chuang RJ, Hedberg AM. *Differences in obesity-related behaviors and the home food environment in African American and Hispanic preschoolers in Texas Head Start centers.* The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
32. Alderete TL, **Byrd-Williams CE**, Toledo-Corral CM, Conti DV, Weigensberg MJ, Goran MI. *Subcutaneous Abdominal Adipose Tissue (SAAT) and Hepatic Fat Fraction (HFF) explain higher Insulin-like Growth Factor (IGF)-I and IGF binding protein-I levels in obese African Americans (AA) compared to obese Latino teenagers.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
33. **Byrd-Williams CE**, Hoelscher DM, Springer A, Ranjit N, Evans A, Kelder S. *Physical activity and sedentary behaviors associated with Sugar-Sweetened Beverage (SSB) consumption among 8th grade middle school students.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
34. Davis JN, Ventura EE, Tung A, Munevar M, Hasson RE, **Byrd-Williams CE**, Spruijt-Metz D, Weigensberg MJ, Goran MI. *The effects of an 8-month maintenance nutrition and strength training intervention on type 2 diabetes risk factors in overweight Latino and African American adolescents.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
35. Hasson RE, Adam TC, Davis JN, Kelly LA, Ventura EE, **Byrd-Williams CE**, Roberts C, Lane CJ, Azen S, Chou C, Weigensberg MJ, Spruijt-Metz D, Berhane K, Goran MI. *Incremental effects of a nutrition and strength training intervention on insulin sensitivity and adiposity in obese African American and Latino adolescents.* The Obesity Society annual meeting; 2010 October 8-12; San Diego, CA.
36. Ranjit N, Evans A, **Byrd-Williams CE**, Hoelscher DM. *Is consumption of sugar-sweetened beverages associated with dietary practices and physical activity among adolescents?* The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2010 June 9-12; Minneapolis, MN.
37. Alderete TL, Toledo-Corral CM, Ventura EE, **Byrd-Williams CE**, Davis JN, Lane CJ, Weigensberg MJ, Goran M. *Higher risk factors for type 2 diabetes in severely obese Hispanic youth independent of body composition and fat distribution.* The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
38. **Byrd-Williams CE**, Davis JN, Spruijt-Metz D, Belcher BR, Hasson RE, Ventura EE, Toledo-Corral CM, Fisher JQ, Goran MI. *Higher physical activity is associated with a lower accumulation of hepatic fat in overweight African American adolescents, but not their*

Latino counterparts. The Obesity Society annual meeting; 2009 October 24-28; Washington, D.C.

39. Davis JN, Mejia M, **Byrd-Williams CE**, Weigensberg MJ, Goran M. *Effects of habitual physical activity and strength-training on sex hormones in overweight Latina adolescents*. The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
40. Fisher JQ, Cherry RN, Weigensberg MJ, Ventura EE, **Byrd-Williams CE**, Toledo-Corral CM, Punyanitya M, Goran, M. *Hepatic, visceral, and subcutaneous fat accumulation in overweight Hispanic and African-American adolescents*. The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
41. Toledo-Corral CM, Weigensberg MJ, Hodis H, Ayala C, **Byrd-Williams CE**, Ventura EE, Li Y, Goran M. *Progression of cardiovascular disease risk factors and its effects on carotid intima media thickness in overweight Latino children*. The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
42. Ventura EE, Davis JN, **Byrd-Williams CE**, Toledo-Corral CM, Spruijt-Metz D, Weigensberg MJ, Azen S, Goran M. *The effects of a randomized, controlled, modified-carbohydrate nutrition intervention on the metabolic syndrome in overweight Latino adolescents*. The Obesity Society annual meeting; 2009 October 24-28; Washington D.C.
43. **Byrd-Williams CE**, Belcher BR, Ventura EE, Davis JN, Spruijt-Metz D, Toledo-Coral CM, Lane CJ, Goran MI. *Effect of nutrition and strength training intervention on habitual physical activity in overweight Latino adolescents*. The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.
44. Davis J, Tung A, Spruijt-Metz D, Chak SS, Ventura E, **Byrd-Williams CE**, Alexander K, Lane CJ, Weigensberg MJ, Goran M. *Randomized control trial of circuit training to improve risk factors for type 2 diabetes in overweight Latino girls*. The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.
45. Ventura E, Davis J, **Byrd-Williams CE**, Alexander K, McClain A, Lane CJ, Spruijt-Metz D, Weigensberg MJ, Goran M. *Improvements in insulin secretion and visceral fat in response to low-sugar, high-fiber dietary intervention in overweight Latino adolescents*. The Obesity Society annual meeting; 2008 October 3-7; Phoenix, AZ.
46. **Byrd-Williams CE**, Kelly LA, Strothers M, Huang TK. *Association of dietary fiber and added sugar with adiposity and fasting insulin in college students*. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.
47. Davis J, Ventura E, Alexander K, Kelly L, Toledo-Corral C, **Byrd-Williams CE**, Roberts CK, Weigensberg MJ, Spruijt-Metz D, Goran M. *The relation of sugar intake versus glycemic index on adiposity and insulin dynamics in Latino youth*. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.

48. **Byrd-Williams CE**, Spruijt-Metz D, Goran MI. *Ethnic and gender disparities in the relationship between overweight and physical activity in children*. North American Association for the Study of Obesity annual meeting; 2006 October 15-19; Vancouver, Canada.

INVITED TALKS/GUEST LECTURES

1. **Byrd-Williams CE**. "Childhood obesity." Guest lecture at UT Austin, School of Architecture. February 2016.
2. **Byrd-Williams CE**, Hoelscher DM. "Lunch is in the Bag: Administrative Supplement Update." Given at the NIH Meeting of Investigators for the Science of Behavior Change (SOBC) Common Fund Program, June 2014.
3. **Byrd-Williams CE**. "Community evaluation." Guest lecture for Health Promotion 1112. June 2014.
4. **Byrd-Williams CE**, Hoelscher DM. "Lunch is in the Bag: Administrative Supplement." Given at the NIH Meeting of Investigators for the Science of Behavior Change (SOBC) Common Fund Program, July 2013.
5. **Byrd-Williams CE**. "Nutrition policies in Texas child care centers". Given at University of Texas School of Public Health, Scientific Seminar Series, February 2012.
6. **Byrd-Williams CE**. "Physical activity and adiposity in overweight Hispanic and African American adolescents." Given at the University of Southern California Childhood Obesity Research Center, June 2009.
7. **Byrd-Williams CE**. "Accelerometry-measured physical activity and body composition in overweight youth." Given at Oregon Research Institute, January 2009.
8. **Byrd-Williams CE**. "Physical activity and obesity in youth: Gender and ethnic differences." Given at the University of Texas Health Science Center Houston, September 2008.

ORAL PRESENTATIONS

1. Chen N, Ranjit N, **Byrd-Williams CE**, Roberts-Gray C, Briley M, Romo MJ, Sharma S, Vernon S, Hoelscher DM. Association between home food availability and food in sack lunches for Texas preschool children varies between healthy and unhealthy foods. The International Society for Behavioral Nutrition and Physical Activity annual meeting; 2014 May 21-24; San Diego, CA.
2. Briley M, Sweitzer S, Ranjit N, **Byrd-Williams CE**, Hoelscher DM, Magness A. Pilot study of Lunch is in the Bag: Effects on meal pattern in preschoolers' parent-packed sack lunches. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2012 May 23-26; Austin, TX.

3. Davis JN, Gyllenhammer L, **Byrd-Williams CE**, Goran M. Moderate to vigorous physical activity (MVPA) reduces liver, subcutaneous, and visceral fat depots in overweight Latino adolescents. The Obesity Society annual meeting; 2011 October 1-5; Orlando, FL.
4. Kelder S, Springer A, **Byrd-Williams CE**, Ballard B, Menendez T, Hoelscher DM. Increasing physical activity at school: A pilot test of the CATCH Middle School “Get Ur 60” Open Gym Program. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2011 June 15-18; Melbourne, Australia.
5. **Byrd-Williams CE**, Hoelscher DM, Springer A, Ranjit N, Evans A, Kelder S. Dietary and eating behaviors associated with sugar-sweetened beverage consumption among 8th grade students. The International Society of Behavioral Nutrition and Physical Activity annual meeting; 2010 June 9-12; Minneapolis, MN.
6. Fisher JQ, Weigensberg MJ, **Byrd-Williams CE**, Ventura EE, Punyanitya M, Goran MI. Accumulation of pancreatic fat is negatively associated with beta-cell function in overweight Hispanic girls. The Obesity Society annual meeting; 2009 October 24-28; Washington, D.C.
7. **Byrd-Williams CE**, Shaibi GQ, Ventura EE, Lane CJ, Davis JN, Kelly LA, Goran MI. Gender differences in adiposity and cardiorespiratory fitness in Latino youth: A longitudinal analysis. The Obesity Society annual meeting; 2007 October 20-24; New Orleans, LA.

HONORS AND AWARDS

- NIH, Loan Repayment Program Renewal Award (LRP), 2012
- NIH, Loan Repayment Program Award (LRP), 2010
- Postdoctoral fellowship, University of Texas School of Public Health, Cancer Education and Career Development Program, 2009 – present
- Knowledge & Education Expansion Project Award, NCI, 2008
- Predoctoral fellowship, University of Southern California, Cancer Control and Epidemiology Research Institutional Training Grant, 2007– 2009
- Travel Award, NCI Transdisciplinary Research on Energetics Cancer, 2007
- Phi Kappa Phi Honor Society

SOCIETY MEMBERSHIP

- The Obesity Society, 2005 - present
- International Society of Behavioral Nutrition and Physical Activity, 2010 – present
- American College of Sports Medicine, 2007 – 2010

TEACHING EXPERIENCE

- Health Promotion Theory and Methods I (PH1111)
Instructor, University of Texas School of Public Health, Spring 2016

- Research Seminar in Health Promotion & Behavioral Science (PH1433/1434)
Instructor, University of Texas School of Public Health, Spring 2016
- Health Behavior Research Methods
Teaching Assistant, University of Southern California, Spring 2009
- Maternal & Child Health
Teaching Assistant, University of Southern California, Spring 2008
- Statistical Methods in Health Behavior Research
Teaching Assistant, University of Southern California, Spring 2006

ADVISEES

**indicates primary academic advisor*

DOCTORAL STUDENTS AND DOCTORAL THESIS COMMITTEES

Alison Winters	2014-2016	DrPH, Health Promotion & Beh. Sciences, UT SPH
Michelle Hashimi	2014-2016	DrPH, Health Promotion & Beh. Sciences, UT SPH
Erin Dooley*	2016-	PhD, Health Promotion & Beh. Sciences, UT SPH

MASTERS' STUDENTS

Ashley Dunn*	2015-	MPH, Health Promotion, UT SPH, Austin
Cassie Davis*	2015-	MPH, Customized, UT SPH, Austin
Michelle Delphia*	2015-	MPH, Customized, UT SPH, Austin
Lani Alcazar	2013-2014	MPH, Epidemiology, UT SPH, Houston
Aubri Kottek	2015-2016	MPH, Health Promotion, UT SPH, Austin

UNDERGRADUATE STUDENTS

Christine Joyce	Summer 2015	CPRIT intern, Southeast Missouri State
Smridhi Mahajan	Summer 2015	CPRIT intern, UT Austin
Diego Diaz	Spring 2016	Public Health Internship (BIO 361P), UT Austin
Marie Trudelle	Summer 2016	CPRIT intern, UT Austin

SERVICE ACTIVITIES

SOCIETIES

The Obesity Society

- Education Committee, Committee member, 2015-present
- Early-Investigator Committee, Senior Advisor, 2012 – 2014
- Early-Investigator Committee, Chair, 2011 – 2012
- Early-Investigator Committee, Committee member, 2009 – 2011
- Pediatric Obesity Section, Fellow Councilor, 2008 – 2010

STUDY SECTION/REVIEW PANEL

- USDA NIFA Review Panel, 2016
- USDA NIFA Review Panel, 2015

PEER REVIEWER

JOURNALS

- *American Journal of Clinical Nutrition*
- *Childhood Obesity*
- *International Journal of Pediatric Obesity*

- *Journal of Nutrition and Health Sciences*
- *Journal of Physical Activity and Health*
- *Journal of Public Health Nutrition*
- *Obesity*
- *Pediatrics*

CONFERENCE ABSTRACT/APPLICATION REVIEWER

- The Obesity Society, Abstracts 2011, 2012, 2013, 2016
- International Society of Behavioral Nutrition and Physical Activity, Abstracts, 2012
- International Society of Behavioral Nutrition and Physical Activity, Student Volunteer Applications, 2014

OTHER

- Advisory Committee for Go Austin, Vamos Austin 2015, 2016
- NIH LRP Ambassador, 2011-2014
- NCI, Transdisciplinary Research on Energetics & Cancer Training Task Force, 2008
- USC Health Behavior Research Student Association, President, 2006 – 2007
- USC Health Behavior Research Student Association, Vice President, 2005 – 2006