

SAMARA JOY NIELSEN

Education

M.Div., Duke Divinity School, Duke University, Durham, NC 2010.

Ph.D., Nutritional Epidemiology, University of North Carolina at Chapel Hill, 2005.

B.S., Biology, Massachusetts Institute of Technology, Cambridge, MA, 1996.

Professional Experience

Director and Assistant Professor, BS Nutrition Science Program January 2016 – present
Department of Sports Medicine and Nutrition, School of Health and Rehabilitation Sciences
University of Pittsburgh, Pittsburgh, PA

Teach Intro to Research Methods, Nutrition Critical Thinking, Micronutrient Metabolism and Food and Culture (Other nutrition courses will include: Public Health Nutrition, Nutritional Epidemiology). Lead the formation of the BS nutrition science program, direct the BS nutrition science program. Advise and mentor nutrition undergraduate and graduate students.

Senior Service Fellow, Nutritional Epidemiology March 2012 – December 2015

CDC/NCHS DHANES, Hyattsville, MD

Analyze NHANES food and nutrition data including such topics as US yogurt consumers, trends in fruit and vegetable intake between 1999-2010, calories consumed from alcoholic beverages by US adults 2007-2010, the association between seafood consumption and blood mercury levels in adults, 2007-2010 as well as the association between seafood consumption and blood mercury levels in youth, 2009-2012. Respond to CDC INFO queries. Review abstracts, manuscripts and posters for NCHS and professional journals.

Adjunct Professor, Nutrition August 2014 – December 2015

Department of Business Administration and Family and Consumer Sciences
Shepherd University, Shepherdstown, WV

Teach course FACS 120: Food for Wellness a 3-credit course in the university's core curriculum

Nutrition Engineer January 2011 – March 2012

The Dannon Company, White Plains, NY

Dannon nutrition portfolio and competitor analysis. Managed research projects examining yogurt consumption in the US, NHANES 1999-2008. Managed research collaboration with Tufts utilizing Framingham longitudinal data set.

Nutrition Scientist August 2005 – August 2008

RTI International, Research Triangle Park, NC

Selected Project Experience (at RTI):

U.S. Department of Defense (DoD) Survey of Health-related Behaviors Among Reserve Military Personnel—Domain Expert for Health Promotion. Data analyses of diet, weight management, body composition, exercise, blood pressure, and related health outcomes on this worldwide survey of reserve military personnel of approximately 7,000 individuals. This Office of the Assistant Secretary of Defense-funded survey was the first questionnaire for reserve personnel.

DoD Survey of Health Related Behaviors Among Military Personnel —Data analyses of diet, weight management, body composition, exercise, blood pressure, and related health outcomes on this worldwide survey of active-duty military personnel of approximately 12,000 individuals. This Office of the Assistant Secretary of Defense-funded survey is the ninth in a series of surveys, which began in 1980 and show trends in health behaviors. This survey provides information to assess progress toward meeting *Healthy People 2000* and *2010* objectives.

Healthy Eating and Active Living in TRICARE Households (HEALTH)—This weight management demonstration project for the DoD TRICARE Management Activity included a three-arm randomized controlled trial and two levels of demonstration of a cognitive/behavioral intervention plus weight loss drug in a four-state region in the United States. Analyzed dietary data and assisted with overall data analysis. Trained field staff on 24-hour recall software.

Development of NHANES Online Analyst for Dietary Supplements and a Pilot Study Modeling Specific Nutrients —For this NIH project, RTI developed a prototype Web-based tool to provide analysis of selected nutrient intake from food and dietary supplements using data from the 1999–2002 NHANES. Demonstrated the tool at national conferences.

Dietary Supplement Usage Among U.S. Children —This NIH project determined the prevalence of, use of, and nutrient intake from dietary supplements by children in the US, 1999–2002 NHANES. Analyzed food and dietary supplement use among children and conducted in-depth, detailed analysis of breast-fed children for differences in nutrient intake.

Research Associate 2001 – 2004

University of North Carolina at Chapel Hill, Department of Nutrition.

Studied nutrition and obesity trends in the United States and internationally. Teaching Assistant for Nutritional Epidemiology.

Technical Associate 1996 – 1998

Massachusetts Institute of Technology, Department of Biology, Cambridge, MA.

Professional Service

Active ASN member

Served as IRB Review, University of Pittsburgh

Reviewer for *Journal of Nutrition* 2017

Reviewer for *Food Policy* 2017

Reviewer for *Current Developments in Nutrition*, 2017, 2018

Reviewer for *American Journal of Hypertension*, 2017

Reviewer: National Academies of Sciences, Engineering, and Medicine. 2016. *Meeting the dietary needs of older adults: Exploring the impact of the physical, social, and cultural environment: Workshop summary*. Washington, DC: National Academies Press.

Reviewer for *European Journal of Nutrition*, 2016, 2017, 2018

Reviewer for *International Journal of Environmental Research and Public Health*, 2016, 2017

Reviewer for *USDA FSRG*, 2016, 2017

2015 National Conference on Health Statistics Planning Committee Member

Review abstracts & posters for Experimental Biology for 2013, 2014, 2015

Review abstracts and posters for University of Maryland nutrition research day 2014, 2015

Review abstracts and posters for NCHS conference 2012, 2015

Reviewer for *Journal of the Academy of Nutrition and Dietetics*, 2012-2015

Reviewer for *American Journal of Preventive Medicine*, 2012-2015

Publications

Peer-Reviewed Journal Articles

Nielsen SJ, Trak-Fellermeier MA, Joshipura K, Dye BA. Dietary Fiber Intake Is Inversely Associated with Periodontal Disease among US Adults. *Journal of Nutrition*, 2016 Oct 26

Herrick KA, Rossen LM, Nielsen SJ, Branum AM, Ogden CL. Fruit Consumption by Youth in the United States. *Pediatrics*. 2015 Oct;136(4):664-71. Epub 2015 Sep 21

Nielsen SJ, Aoki Y, Kit BK, Ogden CL. More than half of US youth consume seafood and most have blood mercury concentrations below the EPA reference level, 2009-2012. *Journal of Nutrition*. 2014 Dec 17.

Nielsen SJ, Kit BK, Aoki Y, Ogden CL. Seafood consumption and blood mercury concentrations in adults aged ≥ 20 y, 2007-2010. *American Journal of Clinical Nutrition* 2014 Feb 12.

- Kit BK, Fakhouri TH, Park S, Nielsen SJ, Ogden CL. Trends in sugar-sweetened beverage consumption among youth and adults in the United States: 1999-2010. *American Journal of Clinical Nutrition* 2013 Jul;98(1):180-8 Epub 2013 May 15.
- Alali, F. Q., Tawaha, K., El-Elimat, T., Syouf, M., El-Fayad, M., Abulaila, K., Nielsen, S. J., Wheaton, W. D., Falkinham, J., & Oberlies, N. H. (2007). Antioxidant activity and total phenolic content of aqueous and methanolic extracts of Jordanian plants: An ICBG project. *Natural Products Research*, 21(12), 1121–1131.
- Picciano, M. F., Dwyer, J., Radimer, K. L., Wilson, D. H., Fisher, K., Thomas, P. R., Yetley, E. A., Moshfegh, A. J., Levy, P. S., Nielsen, S. J., & Marriott, B. M. (2007). Dietary supplement use among infants, children, and adolescents in the United States (US): 1999–2002. *Archives of Pediatric and Adolescent Medicine*, 161(10), 978–985.
- Nielsen, S. J., & Adair, L. (2007). An alternative to dietary data exclusions. *Journal of the American Dietetic Association*, 107(5), 792–799.
- Graf, T. N., Levine, K. E., Andrews, M. E., Perlmutter, J. M., Nielsen, S. J., Davis, J. M., Wani, M. C., & Oberlies, N. H. (2007). Variability in the yield of benzophenanthridine alkaloids in wildcrafted vs. cultivated bloodroot (*sanguinaria canadensis* L.). *Journal of Agricultural and Food Chemistry*, 55(4), 1205–1211.
- Popkin, B. M., Barclay, D. V., & Nielsen, S. J. (2005). Water and food consumption patterns of U.S. adults 1999–2001. *Obesity Research*, 12(21), 46–52.
- Bray, G. A., Nielsen, S. J., & Popkin, B. M. (2004). Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *American Journal of Clinical Nutrition*, 79(4), 537–543.
- Nielsen, S. J., & Popkin, B. M. (2004). Changes in beverage intake between 1977 and 2001. *American Journal of Preventive Medicine*, 27(3), 205–210.
- Popkin, B. M., & Nielsen, S. J. (2003). The sweetening of the world’s diet. *Obesity Research*, 11(11), 1325–1332.
- Nielsen, S. J., & Popkin, B. M. (2003). Patterns and trends in food portion size 1977–1998. *Journal of the American Medical Association*, 289, 450–453.
- Nielsen, S. J., Siega-Riz, A. M., & Popkin, B. M. (2002). Trends in food locations and sources among adolescents and young adults. *Preventive Medicine*, 35(2).
- Nielsen, S. J., Siega-Riz, A. M., & Popkin, B. M. (2002). Trends in energy intake in the U.S. between 1977 and 1996: Similar shifts seen across age groups. *Obesity Research*, 10(5).

Data Briefs

Nielsen SJ, Herrick KA, Akinbami LJ, Ogden CL. Nut consumption among U.S. youth, 2009–2012. NCHS data brief, no 238. Hyattsville, MD: National Center for Health Statistics. 2016.

Nielsen SJ, Kit BK, Ogden CL. Nut consumption among U.S. adults, 2009–2010. NCHS data brief, no 176. Hyattsville, MD: National Center for Health Statistics. 2014

Nielsen SJ, Rossen LM, Harris DM, Ogden CL. Fruit and vegetable consumption of U.S. youth, 2009–2010. NCHS data brief, no 156. Hyattsville, MD: National Center for Health Statistics. 2014.

Nielsen SJ, Kit BK, Fakhouri T, Ogden CL. Calories consumed from alcoholic beverages by U.S. adults, 2007–2010. NCHS data brief, no 110. Hyattsville, MD: National Center for Health Statistics. 2012.

Quickstats

Samara Joy Nielsen, PhD, Donna G. Rhodes, MS, Steven M. Frenk, PhD. QuickStats: Percentage of Adults Aged ≥ 20 Years Who Consumed Dairy on a Given Day, by Amount and Sex — National Health and Nutrition Examination Survey, United States, 2011–2012 MMWR 2015;64:751

Nielsen SJ, Frenk SM, QuickStats: Percentage of Youths Who Consumed Fruit on a Given Day, by Age Group and Race/Ethnicity — National Health and Nutrition Examination Survey, United States, 2009–2010 MMWR 63(30);657

Nielsen SJ, QuickStats: Average Percentage of Daily Calories from Alcoholic Beverages* Among Adults Aged ≥ 20 Years, by Age Group — National Health and Nutrition Examination Survey, United States, 2007–2010 MMWR 62(01);15

Presentations and Proceedings

Nielsen, SJ (June 2018) Seafood Consumption and Blood Mercury Concentrations. University of Ulster, Coleraine, Northern Ireland.

Hill, T., Mormer, E., Nielsen, SJ (November 2018) The Relationship Between Blood Lead Concentration and Hearing Loss, NHANES: 2011-2012 American Speech Language Hearing Association Convention, Boston, MA.

Hill, T., Mormer, E., Nielsen, SJ (April 2018) An Association Between Environmental Lead Exposure and Hearing Loss, 2011-2012, American Academy of Audiology National Meeting, Nashville, TN.

Kluger, A, Nielsen, SJ (April 2018) The Association Between Dairy Intake and Bone Mineral Density, US Adults, 2007-2010 Pennsylvania Academy Nutrition and Dietetics, Hershey, PA.

- Nielsen, SJ (September 2017) What Nutrients Are Important for Bones and Teeth. Invited presentation at NIDCR, NIH, Bethesda, MD
- Nielsen, SJ, Trak-Fellermeier, MA, Joshipura, K. (2017, April) The Association between Dietary Fiber Intake and CRP levels, US Adults, 2007-2010. 2017 Experimental Biology Chicago, IL.
- Nielsen, SJ (2016, July) The Importance of Omega-3 Fatty Acids in Foods and Chronic Disease: Why omega-3 fatty acids in foods are important and how omega 3 fatty acids in food may affect brain and heart health. Grand Rounds UPMC Shadyside Hospital, Pittsburgh, PA.
- Nielsen, SJ. (2016, May) Yogurt: A Case Study in NHANES 2011-2012. 2016 National Nutrient Databank Conference Alexandria, VA.
- Bock, J, Nielsen, SJ (2016, May) Sugar-sweetened Beverage Consumption and the Importance of Taste, Price and Nutrition. 2016 National Nutrient Databank Conference Alexandria, VA.
- Nielsen, SJ, Herrick, KA, Ogden, CL. (2016, April) Association between CRP and omega-3 fatty acids from seafood: U.S. adults, 2007–2010. 2016 Experimental Biology San Diego, CA.
- Nielsen, SJ. (2015, October). Seafood Consumption and Blood Mercury Concentrations. George Washington University Milken Institute School of Public Health Washington, DC.
- Nielsen, SJ. (2015, August). Understanding and Analyzing Data from the National Health and Nutrition Examination Survey (NHANES): Overview and Basic Analyses. 2015 National Conference on Health Statistics Bethesda, MD.
- Nielsen, SJ. (2015, March). Trends in Yogurt Consumption, US Adults, 2003-2012. 2015 Experimental Biology Boston, MA.
- Nielsen, SJ. (2015, February). Seafood Consumption and Blood Mercury Concentrations. The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Hanover, NH.
- Nielsen, SJ. (2015, February). National Health and Nutrition Examination Survey: Monitoring the Nation's Health. The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Hanover, NH.
- Nielsen, SJ. (2014, April). Seafood consumption and blood mercury concentrations in youth ages 1-19 years, 2007-2010. 2014 Experimental Biology San Diego, CA.
- Nielsen, SJ. (2013, March). The association between seafood consumption and blood mercury levels in adults age 20 years and up, 2007-2010. DAG seminar, NCHS Hyattville, MD.

- Nielsen, S.J. (2013, April). The association between seafood consumption and blood mercury levels in adults age 20 years and up, 2007-2010. 2013 Experimental Biology Boston, MA (unable to present because of sequestration).
- Nielsen, S.J. (2012, October). Fruit and Vegetable Consumption, US Adults. George Washington University School of Public Health Washington, DC.
- Nielsen, S.J. (2012, August). US Yogurt Consumers: Calcium, potassium and vitamin D intake. 2012 National Conference on Health Statistics Washington, DC.
- Muth, M.K., S.A. Karns, S.J. Nielsen, J.C. Buzby, and H.F. Wells. (2008, July). Estimation of consumer-level food loss for the ERS Food Availability Data System. Poster presented at 2008 AAEA & ACCI Joint Annual Meeting, Orlando, FL.
- Nielsen, S. J., Wurst, K., Morris, R. J., Zullo, D., Levy, P. S., Wilson, D. H., Marriott, B. M., Picciano, M. F., Dwyer, J., Fisher, K., Thomas, P. R., Swanson, C. A., Yetley, E. A., Moshfegh, A. J., Radimer, K. L., Thurn, A., & Hinkle, C. (2007, October). Usual intake of nutrients from food and dietary supplements. Poster presented at RTI Fellows Symposium, RTI International, Research Triangle Park, NC.
- Muth, M. K., Nielsen, S. J., & Kosa, K. M. (2007). Exploratory research on estimation of consumer-level food loss. Presented at U.S. Department of Agriculture, Economic Research Service, Washington, DC.
- Britt, M. F., Nielsen, S. J., Pickren, T. M., Hersey, J. C., Weitzenkamp, D. A., Blair, S. N., Atkinson, R. N., Hobbs, C. L., Carley-Baxter, L. R., Roe, D. J., Kish, J. A., Strange, L. B., Campbell, S., & Ashmore, J. (2007). HEALTH: Healthy eating and active living in TRICARE households. Presented at the Transforming Strategy into Action 2007 Military Health System (MHS) conference, Washington, DC.
- Pickren, T. M., Nielsen, S. J., Hersey, J. C., Weitzenkamp, D. A., Blair, S. N., Atkinson, R. N., Hobbs, C. L., Carley-Baxter, L. R., Roe, D. J., Kish, J. A., Strange, L. B., Campbell, S., Ashmore, J., & Britt, M. F. (2007). Weight management demonstration project: Health. Poster presented at the Transforming Strategy into Action 2007 MHS conference, Washington, DC.
- Nielsen, S. J., Levy, P. S., Wilson, D. H., Marriott, B. M., Picciano, M. F., Dwyer, J., Fisher, K., Thomas, P. R., Swanson, C. A., Yetley, E. A., Moshfegh, A. J., & Radimer, K. L. (2006). Dietary supplement use among children in the US: 1999–2002. Poster presented at RTI Fellows Symposium, Chapel Hill, NC.
- Nielsen, S. J., Wurst, K., Morris, R. J., Zullo, D., Levy, P. S., Wilson, D. H., Marriott, B. M., Picciano, M. F., Dwyer, J., Fisher, K., Thomas, P. R., Swanson, C. A., Yetley, E. A., Moshfegh, A. J., Radimer, K. L., Thurn, A., & Hinkle, C. (2006). Usual intake of nutrients from food and dietary supplements. Poster presented at RTI Fellows Symposium, Chapel Hill, NC.

Nielsen, S. J., & Popkin, B. M. (2003, April). Patterns and trends in food portion size 1977–1998. Poster presented at Experimental Biology 2003 meeting, San Diego, CA.

Nielsen, S. J., Siega-Riz, A. M., & Popkin, B. M. (2002, April). Trends in energy intake in the U.S. between 1977 and 1996: Similar shifts seen across age groups. Oral presentation at Experimental Biology 2002 meeting, New Orleans, LA.

Technical Reports

Muth, M.K., S.A. Karns, S.J. Nielsen, and M.C. Coglaiti . (2008, July). Update and validate estimates for cooking loss and uneaten food as part of the whole chain study. Prepared for U.S. Department of Agriculture, Economic Research Service. Project Number: 0210449.

Zhen, C., M.K. Muth, S.A. Karns, S.J. Nielsen, and C.L. Viator . (2008, February). Consumption of imported foods. Prepared for FDA CFSAN. Project Number: 0208184.011.

Weitzenkamp, D. A., Nielsen, S. J., Blair, S. N., Atkinson, R. L., Hobbs, C. L., Kish Doto, J., Strange, L. B., Fitzgerald, T. M., Rhatigan, D. L., Kelly, B. J., Campbell, S., Ashmore, J., & Hersey, J. C. (2007, November). Weight management demonstration project: Second year annual report. Prepared for the Department of Defense TRICARE Management Activity.

Nielsen, S. J., Weitzenkamp, D. A., Blair, S. N., Kish Doto, J., Hobbs, C. L., Ashmore, J., Atkinson, R. L., Carley-Baxter, L. R., Campbell, S., Pickren, T. M., Rhatigan, D. L., Roe, D. J., Strange, L. B., & Hersey, J. C. (2007, September). Weight management demonstration project: HEALTH baseline report. Prepared for the Department of Defense TRICARE Management Activity.

Muth, M. K., Kosa, K. M., Nielsen, S. J., & Karns, S. A. (2007, July). Exploratory research on estimation of consumer-level food loss conversion factors. Prepared for the U.S. Department of Agriculture, Economic Research Service.

Hourani, L. L., Bray, R. M., Marsden, M. E., Witt, M. B., Vandermaas-Peeler, R., Scheffler, S., Rae Olmsted, K. L., Weimer, B. J., Brown, J. M., Pemberton, M. R., Nielsen, S. J., Lane, M. E., Aspinwall, K. R., Jones, S. B., & Strange, L. B. (2007, October). 2006 Department of Defense survey of health related behaviors among the guard and reserve force. Prepared for the Department of Defense TRICARE Management Activity.

Weitzenkamp, D. A., Nielsen, S. J., Blair, S., Atkinson, R. N., Hobbs, C. L., Carley-Baxter, L. R., Roe, D. J., Kish, J. A., Strange, L. B., Campbell, S., Ashmore, J., & Hersey, J. C. (2006, November). Weight management demonstration project: HEALTH first year annual report. Prepared for the Department of Defense TRICARE Management Activity.

Nielsen, S. J. (2006, October). NHANES online analyst for dietary supplements EB and ADA evaluation final report. Prepared for ODS.