

**Elizabeth (Betsy) Anderson Steeves, PhD, RD**

Assistant Professor of Public Health Nutrition  
College of Education, Health and Human Sciences  
University of Tennessee, Knoxville  
Jessie Harris Building, Room 229  
1215 W. Cumberland Avenue, Knoxville, TN 37996-1920  
Telephone: 865-974-6254  
Email: eander24@utk.edu

**REGISTRATION/ LICENSURE:**

Registered Dietitian Nutritionist # 941342

**EDUCATION:**

- 2011-2015 **Johns Hopkins Bloomberg School of Public Health**, Baltimore, MD  
Doctorate of Philosophy  
Concentration: Public Health and Human Nutrition  
Thesis: *The role of social relationships in diet and diet-related health outcomes among urban, low-income African American adolescents in Baltimore City*
- 2005 - 2007 **University of Tennessee**, Knoxville, TN  
Master of Science, Dietetic Internship  
Major: Public Health Nutrition  
Thesis: *An evaluation of the education, qualifications, and functions of school food service directors in Tennessee Public Schools*
- 2001-2005 **University of Dayton**, Dayton, OH  
Bachelor of Science  
Major: Food and Nutrition, Dietetics

**PROFESSIONAL EXPERIENCE:**

- 2015-present **Assistant Professor**  
Department of Nutrition  
University of Tennessee, Knoxville, TN
- 2012-2015 **Nutrition Fellow**  
Maternal and Child Health Bureau Leadership Education in Adolescent Health Fellowship (LEAH)  
Johns Hopkins University School of Medicine, Baltimore, MD

2012-2015 **Research Project Coordinator**  
Center for Human Nutrition  
Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

2011-2015 **Graduate Student Trainee**  
Global Obesity Prevention Center  
Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

2013-2014 **Instructor**  
Johns Hopkins Intersession Programs  
Johns Hopkins University, Baltimore, MD

2013-2014 **Instructor**  
Science Department  
Anne Arundel Community College, Arnold, MD

2012-2013 **Graduate Teaching Assistant**  
Center for Human Nutrition  
Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

2011-2012 **Research Assistant**  
Center for Human Nutrition  
Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

2011 **Research Dietitian**  
Weight Management Center  
Johns Hopkins Hospital, Baltimore, MD

2007-2011 **Research Associate III**  
Department of Nutrition  
University of Tennessee, Knoxville, TN

2006 **Graduate Teaching Assistant**  
Department of Nutrition  
University of Tennessee, Knoxville, TN

2006 **Public Health Nutrition Intern**  
Nutrition Council of Greater Cincinnati, Cincinnati, OH

2004-2005 **Nutrition Student Intern**  
House of Bread Community Kitchen, Dayton, OH

## **PUBLICATIONS:**

*\*Note: Authorship for publications is listed under Anderson, Steeves, or Anderson Steeves*

### **Peer Reviewed Manuscripts**

1. Han E, Jones-Smith JC, Surkan PJ, Kharmats AY, Vedovato GM, Trude AC, **Anderson Steeves E**, Gittelsohn J. Low-income African American Adults Share Weight Status, Food-related Psychosocial Factors and Behaviors with their Children. (Accepted for publication by Obesity Science & Practice in September 2015)
2. Vedovato G, Surkan P, Jones-Smith J, Trude A, Kharmats A, **Anderson Steeves E**, Gittelsohn J. Food Insecurity, Overweight and Obesity among Low-income African-American Families in Baltimore City: Associations with Food-related Perceptions (Accepted for publication by Public Health Nutrition in September 2015)
3. Kohlstadt IC, **Anderson Steeves ET**, Rice K, Gittelsohn J, Summerfield LM, Gadhoke P. Youth Peers Put the “Invent” into NutriBee’s Online Intervention. Nutr Journal 2015, 14:60 doi:10.1186/s12937-015-0031-2
4. Sattler M, Hopkins L, Hurley K, **Anderson Steeves E**, Gittelsohn J. Characteristics of Youth Food Preparation in Low-Income African American Homes: Associations to BMI and Contributions to Nutritional Intake. Ecol Food Nutr. 2015 Feb 23:1-17.
5. Gudzone K, Welsh C, Lane E, Chissel Z, **Anderson Steeves E**, Gittelsohn J. Increasing Access to Fresh Produce by Partnering Urban Farms with Corner Stores: A Pilot Study in a Low-income Urban Setting. Public Health Nutr. 2015 Feb 4:1-5.
6. **Anderson Steeves E**, Penniston E, Rowan M, Steeves J, Gittelsohn J. Trends Toward Improving Healthy Food Availability in a Rural Small Food Store Pilot Intervention. J of Hunger Environ Nutr. 2015 10:259-270.
7. **Anderson Steeves E**, Martins PA, Gittelsohn J. Changing the Food Environment for Obesity Prevention: Key Gaps and Future Directions. Current Obesity Reports. Curr Obes Rep. 2014 Dec;3(4):451-458. 13.
8. Gittelsohn J, **Anderson Steeves E**, Mui Y, Kharmats AY, Hopkins LC, Dennis D. B'more Healthy Communities for Kids: Design of a Multi-level Intervention for Obesity Prevention for Low-income African American Children. BMC Public Health. 2014;14(1):942.
9. Coakley H, **Anderson Steeves E**, Jones-Smith J, Hopkins L, Braunstein NS, Mui Y, Gittelsohn J. Where Do Low-Income Children Get Food? Combining Ground-Truthing and Technology to Improve Accuracy of Children’s Food Purchasing Behaviors. J of Hunger Environ Nutr. 2014; 418-430. Doi. 10.1080/19320248.2014.898173

10. Rider BC, Bassett DR, Thompson DL, **Anderson Steeves E**, Raynor H. Research Capabilities of the Omron HJ-720ITC Pedometer. *Physician and Sport Medicine*. 2014;42(1): 24-29.
11. Raynor HA, **Anderson Steeves E**, Bassett DR, Thompson DL, Gorin A, Bond D. Reducing TV Watching During Adult Obesity Treatment: Two Pilot Randomized Controlled Trials. *Behavior Therapy*. 2013;44:674-685.
12. Silbergeld E, Frisancho JA Gittelsohn J, **Anderson Steeves E**, Frisancho A, Blum M, Resnick C. Food Safety and Food Access: A Pilot Study. *J Food Research*. 2013;2(2): 108-119.
13. Wang HE, Lee M, Hart A, Summers AC, **Anderson Steeves E**, Gittelsohn J. Process Evaluation of Healthy Bodies, Healthy Souls: A Church-Based Health Intervention Program in Baltimore City. *Health Education Research*. 2013; 28(3):392-404.
14. LaRose JG, Fava J, **Steeves EA**, Hecht J, Wing R, Raynor H. Daily Self-weighing within a Lifestyle Intervention: Impact on Disordered Eating Symptoms. *Health Psychology*. 2014 Mar;33(3):297-300. doi: 10.1037/a0034218
15. **Anderson Steeves E**, Silbergeld E, Summers A, Chen L, Gittelsohn J. Risky Food Safety Behaviors are Associated with Higher BMI and Lower Healthy Eating Self-Efficacy Among African American Churchgoers in Baltimore City. *PLoS ONE*. 2012;7(12):e52122.
16. Raynor H, **Steeves EA**, Hecht J, Fava J, & Wing R. Limiting Variety of Snack Foods During A Lifestyle Intervention: A Randomized Control Trial. *Am J of Clin Nutr*. 2012; 95(6): 1305-1314
17. Raynor H, Looney S, **Steeves EA**, Spence M, Gorin A. The Effects of an Energy Density Prescription on Diet Quality and Weight Loss: A Pilot Randomized Control Trial. *J Academy of Nutrition and Dietetics (formerly J Am Diet Assoc)*. 2012;112(9): 1397-1402

### **Submitted Manuscripts**

1. **Anderson Steeves E**, Johnson K, Pollard S, Jones Smith J, Pollack K, Lindstrom-Johnson SL, Hopkins LC, Gittelsohn J. Social Influences on Healthy Eating of Urban, Low-income, African American, Early Adolescents. (Submitted to *Public Health Nutrition*)
2. Johnson KA, **Anderson Steeves E**, Gewanter ZR, Gittelsohn J. "Food in My Neighborhood": Using Photovoice to Elicit Adolescent's Perspectives on Food Access. (Submitted to *Health Promotion Practice*)
3. Sato P, **Anderson Steeves E**, Cheskin L, Carnell S, Trude A, Shipley C, Mejia Ruiz MJ, Gittelsohn J. A Youth Mentor-led Nutritional Intervention in Urban Recreation Centers: A Promising Strategy for Childhood Obesity Prevention in Low-income Neighborhoods. (Submitted to *Health Education Research*)

4. Trude A, Kharmats A, Hurley K, **Anderson Steeves E**, Talegawkar S, Gittelsohn J. Household and Individual-level Determinants of Fruit, Vegetable, and Fiber Intake Among Low-Income Urban African American Youth. (Submitted to BMC Public Health).
5. Hopkins L, Sattler M, Jones-Smith J, **Anderson Steeves E**, Gittelsohn J. Associations between Breakfast Consumption Compared and Overall Diet Quality using the HEI 2010 among Adolescents in a Low-Income Urban Setting. (Under review by the Journal of Nutrition Education and Behavior)
6. Yamaguchi M, **Anderson Steeves E**, Shipley C, Hopkins LC, Cheskin L, Gittelsohn J. Inaccuracy of Self-reported Energy Intake Predicts Obesity among Low-income, Urban, African-American Children. (Under review by PLoS ONE)
7. **Anderson Steeves E**, Jones Smith J, Hopkins L, Gittelsohn J. Perceived Social Support from Friends and Parents for Dietary Behavior and Quality among Low-income, Urban Minority Youth. (Under review by the Journal of Nutrition Education and Behavior)

#### Manuscripts in Preparation

1. **Anderson Steeves E**, Shipley C, Jones-Smith J, Mejia Ruiz MJ, Pollack K, Cheskin L, Hurley K, Hopkins L, Gittelsohn J. Evaluation of a Youth-led Intervention for Child Obesity Prevention among Urban, African-American Youth: Perceptions and Impact among Youth-leaders. (*Under internal review*)

#### Book Chapters

1. Raynor H, **Anderson Steeves E**. Chapter: Strategies for Weight Loss Maintenance. In B. Caballero (Ed.), *The Encyclopedia of Human Nutrition 3<sup>rd</sup> ed.* Oxford: Elsevier Ltd., 2013.
2. VanWalleghen E, **Steeves EA**, Raynor HA. Chapter 29: Obesity. In H. S. Friedman (Ed.), *The Oxford Handbook of Health Psychology*. New York: Oxford University Press, 2011.

#### PRESENTATIONS:

1. Shipley C, Sato P, Perepezko K, Rastatter S, **Anderson Steeves E**, Gittelsohn J. "Implementation of a mentor-led recreation center intervention within a multilevel multicomponent obesity prevention intervention in Baltimore City" Accepted for a poster presentation at *Obesity Week 2015*. November 2-7. Los Angeles, CA
2. **Anderson Steeves E**, Jones-Smith J, Hopkins L, Gittelsohn J. "Perceived Social Support from Friends and Parents for Healthy and Unhealthy Eating and Diet Quality among Low-income, Minority Youth." Poster presentation at the *International Society for Behavioral Nutrition and Physical Activity Conference*. June 3-6, 2015. Edinburgh, Scotland
3. Gittelsohn J, **Anderson Steeves E**. "Why do Community Interventions Work Differently in Boys and Girls?" Symposia presentation at *Obesity Week 2014*. November 2-7, 2014. Boston, MA

4. Raynor H, **Anderson Steeves E**, Hecht J, Martin CK. "Limiting Variety of Non-nutrient-dense, Energy-dense Foods: Changes in Cravings during an 18-month Lifestyle Intervention." Oral presentation at *Obesity Week 2014*. November 2-7, 2014. Boston, MA
5. **Anderson Steeves E**, Hopkins L, Grasso A, Eastman K, Gittelsohn J. "Food Purchasing Among Low-Income, African American Adolescents in Baltimore City: What, Where, and How Often are they Buying Food?" Poster presentation at the *International Society for Behavioral Nutrition and Physical Activity Conference*. May 21-24, 2014. San Diego, CA
6. **Anderson Steeves E**, Hopkins L, Henry J, Kharmats A, Gittelsohn J. "Social Support for Healthy and Unhealthy Eating among Low-income, African American Adolescents in Baltimore City." Poster presentation at *the Society of Behavioral Medicine Conference*. April 23-26, 2014. Philadelphia, PA
7. Mui Y, Oke J, Igusa T, Lee B, **Anderson Steeves E**, Gittelsohn J. "An agent-based model simulates interventions in small food sources to improve the urban food environment and curb childhood obesity". Poster presentation at the *International Congress on Obesity*. March 2014. Kuala Lumpur, Malaysia
8. Gittelsohn J, Mui Y, Oke J, Lee B, **Anderson Steeves E**, Igusa T. "Simulated impact of a staple foods policy on childhood obesity in a low income urban environment". Poster presentation at the *International Congress on Obesity*. March 2014. Kuala Lumpur, Malaysia
9. **Anderson Steeves E**. "Food Purchasing Among Low-Income African American Adolescents in Baltimore City: What, Where, and How Often are they Buying Food?" Oral presentation at the *Association of Maternal and Child Health Programs Annual Meeting*. January 25-26, 2014. District of Columbia
10. **Anderson Steeves E**, Shin A, Coutinho A, Gittelsohn J. "Impact of a Multi-level, Cluster-randomized Environmental Obesity Intervention for Youth in Baltimore City." Poster presentation at *Obesity Week 2013*. November 12-16, 2013. Atlanta, GA
11. **Anderson Steeves E**, Rowan M, Penniston E, Thomas L, Gittelsohn J. "A Rural Small Food Store Intervention Improves Healthy Food Availability: Results of the Maryland Healthy Stores Pilot." Poster presentation at *Experimental Biology 2013*. April 20-24, 2013. Boston, MA
12. Johnson KA, Pollard SL, **Anderson Steeves E**, Gittelsohn J. "Strategies to Promote Healthful Diets Among Low SES, Urban, African American Adolescents: Individual and Household Level Research." Poster presentation at *Experimental Biology 2013*. April 20-24, 2013. Boston, MA
13. Coakley H, Zablony A, Cheah YS, Mui Y, **Anderson Steeves E**, Glass G, Hackman A, Gittelsohn J. "Where Do Children Get Food? Building a Searchable, Visual Database of Food Sources Through Ground-truthing." Oral presentation at *Experimental Biology 2013*. April 20-24, 2013. Boston, MA

14. Gudzone KA, Welsh C, Lane E, Chissell Z, **Anderson E**, Gittelsohn J. "Increasing Access to Fresh Produce by Partnering Urban Farms with Corner Stores: A Pilot Study in a Low-income Urban Setting." Poster presentation at *Experimental Biology 2013*. April 20-24, 2013. Boston, MA
15. **Anderson Steeves E**, Johnson KA, Pollard S, Gittelsohn J. "Influences on Healthy Eating Among Low-Income African American Adolescents, Perspectives of Youth and Adult Caregivers." Poster presentation at the *Society of Behavioral Medicine Conference*. March 20-23, 2013. San Francisco, CA
16. **Anderson Steeves E**. "B'More Healthy: Communities for Kids: Study Design and Formative Research Findings." Oral presentation at the *Chesapeake Region Society of the Adolescent Health and Medicine Quarterly Meeting*. November 2, 2012. Columbia, MD
17. **Anderson Steeves E**, Shin AH, Wang HE, Newsome T, Gittelsohn J. "Faith, Food, and Fitness: Results of the Healthy Bodies, Healthy Souls Study." Poster presentation at the *American Diabetes Association 5th Annual Conference on Health Disparities*. October 22, 2012. District of Columbia
18. Raynor H, **Anderson Steeves E**, Hecht J, Gokee LaRose J, Wing R. "The Relationship between Dietary Energy Density and Body Mass Index during an 18-month Lifestyle Intervention." Oral presentation at *The Obesity Society Conference*. September 20-24, 2012. San Antonio, TX
19. Gokee LaRose J, Fava J, **Steeves E**, Hecht J, Wing R, Raynor H. "Daily Self-weighing within a Behavioral Weight Loss Program: Impact on Disordered Eating Symptoms." Poster presentation at the *Society for Behavioral Medicine Conference*. April 11-14, 2012. New Orleans, LA
20. Raynor H., **Anderson Steeves E.**, Hecht J., Wing R. "Does Limiting Variety in Snack Foods Assist with Reducing Energy Intake and Weight Loss During a Lifestyle Intervention?" Oral presentation at the *The Obesity Society Conference*. October 1-4, 2011. Orlando, FL
21. Raynor H, Looney S, **Anderson Steeves E**, Spence M, Gorin A. "The Effect of a Dietary Energy Density Prescription on Dietary Quality, Restriction, and Weight Loss." Oral presentation at *The Obesity Society Conference*. October 1-4, 2011. Orlando, FL
22. Bachman J, Raynor H, **Anderson E**. "Eating Frequency is related to Energy Intake During an Adult Behavioral Weight Loss Intervention." Oral presentation at *Experimental Biology 2010*. April 24 – 28, 2010. Anaheim, CA
23. **Anderson E**, Hansen-Petrik, M. "An Evaluation of the Education, Qualifications, and Functions of School Food Service Directors in Tennessee Public Schools." Poster presentation at the *Tennessee Dietetic Association Annual Meeting*, March 29, 2006. Nashville, TN
24. **Anderson E**, Hansen-Petrik M. "An Evaluation of the Education, Qualifications, and Functions of School Food Service Directors in Tennessee Public Schools." Oral presentation at the *University of Tennessee, College of Education, Health and Human Sciences, Graduate Research Colloquium*. March 19, 2006. Knoxville, TN

## TEACHING EXPERIENCE:

- 06/2015-07/2015      Guest Lecturer, University of Wisconsin, Milwaukee  
Instructor: Dr. Jeremy Steeves  
Roles: Invited presentations “Nutrition 101” and “Mindless Eating”  
*Health Aspects of Exercise and Nutrition, KIN 230 (enrollment 30 students)*
- 03/25/2015            Guest Lecturer, University of Wisconsin, Milwaukee  
Instructor: Dr. Christy Greenleaf  
Role: Invited presentation “The Food Environment: Assessment and Interventions”  
*Graduate Seminar in Kinesiology, KIN 910 (enrollment 15 students)*
- 11/17/2015            Guest Lecturer, University of Wisconsin, Milwaukee  
Instructor: Dr. Lori Klos  
Role: Invited presentation “Baltimore, MD: A Case Study to Examine the Food Environment and Obesity”  
*Why We Eat What We Eat, KIN 241 (enrollment 50 students)*
- 01/2014-08/2014      Instructor, Johns Hopkins University, Intersession Programs  
Role: Course design, instruction and assessment  
*Whole Food Versus Junk Food: A Case Study of Baltimore’s Nutrition Environment, AS.280.205.31 (enrollment 25 students)*
- 01/2014-04/2014      Instructor, Anne Arundel Community College  
Role: Course design, instruction and assessment  
*Weight Management: Utilizing Healthy Approaches to Diet and Physical Activity BIO/HEA 137 (enrollment 8 students)*
- 08/15/2013            Guest Lecturer, Johns Hopkins University School of Medicine  
Instructor: Dr. April Fitzgerald  
Role: Invited presentation “Health Disparities in Baltimore City’s Food System”  
*Health Care Disparities and Service Learning (enrollment 90 students)*
- 04/10/2013            Guest Lecturer, Johns Hopkins Bloomberg School of Public Health  
Instructor: Joel Gittelsohn  
Role: Invited presentation “Characteristics of Individual and Household-level Community Nutrition Interventions”  
*Food, Culture, and Nutrition, PH 222.654 (enrollment 38 students)*
- 03/31/2009            Guest Lecturer, University of Tennessee, Knoxville  
Instructor: Dr. David Bassett  
Role: Invited presentation “Medical Nutrition Therapy for Obesity”  
*Advanced Topics in Obesity, KIN 623 (enrollment 20 students)*



## **FUNDING:**

### **Grants Awarded**

1. USDA Regional Nutrition Education and Obesity Prevention Centers of Excellence Grant: Sustaining a Successful Youth-leader Program as Part of a Multi-level, Multi-Component Food Environment/Behavioral Intervention; 05/2015-05/2016. \$50,000 (direct)  
Role: Consultant (\$2,000)
2. Academy of Nutrition and Dietetics, PepsiCo Healthy Lifestyles Innovation Grant: B'More Healthy Communities for Kids (BHCK) Youth-leader Implementation; 09/2013-09/2014. \$5,000 (direct). 2013-2014.  
Role: Principle Investigator
3. General Mills Champions for Healthy Kids Grant: B'More Healthy Communities for Kids (BHCK) Youth-leader Development; 04/2013-04/2014. \$10,000 (direct).  
Role: Principle Investigator

### **Unfunded Grant Proposals**

1. The Wisconsin Partnership Program Community Opportunity Grant: Program Evaluation of the 100 Mile Club at St. William Catholic School; 07/2015-07/2016. \$50,000.  
Role: Co-Investigator

## **AWARDS & HONORS:**

2015	Johns Hopkins Bloomberg School of Public Health, Kruse Family Foundation Publication Award (\$1,000)
2013	Johns Hopkins Bloomberg School of Public Health, Harry D. Kruse Fellowship in Nutrition Award (\$6,000)
2013	Johns Hopkins Global Obesity Prevention Center, Young Investigator Travel Award (\$600)
2012-2015	Johns Hopkins Bloomberg School of Public Health, Center for Human Nutrition Student Travel Award (\$600-\$1,00)
2012	Academy of Nutrition and Dietetics Foundation, Doctoral Scholarship (\$10,000)
2011	Knoxville District Dietetic Association, Recognized Young Dietitian Award
2008	Knoxville District Dietetic Association, Outstanding Student in Dietetics Award Nomination

- 2008 American Dietetic Association, Certificate of Training in Adult Weight Management
- 2007,2015 University of Tennessee, Certificate of Training in Cultural Competence
- 2006 University of Tennessee, College of Education, Health, and Human Sciences: Jane R. Savage Scholarship (\$2,000)
- 2005 University of Dayton, Elizabeth L. Schroeder Award of Excellence to an Outstanding Senior in Dietetics

**PROFESSIONAL SERVICE:**

- 2009-11, 2015 Legislative Chair, Knoxville District Dietetic Association
- 2013-present Policy and Advocacy Leader, Weight Management Practice Group of the Academy of Nutrition and Dietetics
- 2010-2011 State Regulatory Specialist, Tennessee Affiliate of the American Dietetic Association
- 2010 Member, University of Tennessee Department of Nutrition Diversity Committee
- 2004-2005 President, Student Dietetic Association, at the University of Dayton

**EDITORIAL SERVICE (AD HOC REVIEWER):**

PLoS ONE

Public Health Nutrition

**PROFESSIONAL SOCIETY MEMBERSHIPS:**

- 2014-present International Society for Behavioral Nutrition and Physical Activity
- Health Disparities Special Interest Group (2014-2015)
- 2012-present The Obesity Society
- 2003-present Member, Academy of Nutrition and Dietetics (formerly American Dietetic Association)
- Weight Management Practice Group (2010-2015)
  - Public Health and Community Nutrition Practice Group (2012,2015)
  - Nutrition Educators of Health Professionals Practice Group (2015)
  - Hunger and Environmental Nutrition Practice Group (2015)

- 2012-2015      Society for Behavioral Medicine
- Obesity and Eating Disorders Special Interest Group (2012-2015)
- 2012-2015      American Society for Nutrition
- Nutrition Science Council (2012-2015)
  - Nutrition Education and Eating Behavior Council (2012-2015)
- 2009-2011      Child Nutrition Task Force of the Tennessee Dietetic Association