

ALISSA DAWN SMETHERS, PhD, RD, LDN

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215-204-1957

EDUCATION:

Graduate

The Pennsylvania State University, University Park, PA

Ph.D. in Nutritional Sciences

Mentor: Barbara Rolls, Ph.D.

Completed: December 2018

Dissertation: "The effect of varying portion size or energy density over 5 days on preschool children's intake"

Marywood University, Scranton, PA

Master of Science Degree in Nutrition

Completed: May 2012

Dietetic Internship

Marywood University, Scranton, PA

Coordinated Program

Completed: May 2012

Dietetic Internship Experience

September-December 2010

Food Service, *Wilkes-Barre General Hospital*, Wilkes-Barre, PA

- Developed and evaluated recipes, formulas, and menus for acceptability and affordability
- Conducted an employee in-service training

Community, *Penn State Cooperative Extension*, Pittston, PA

- Coordinated and facilitated a health promotion project entitled "Family Fitness" for low-income children and families

Community, *Maternal and Family Health Services*, Wilkes-Barre, PA

- Developed and presented a healthy holiday eating lecture to employees
- Created a healthy holiday eating series for the MFHS blog

January-April 2011

Food Service, *Veterans Affairs Medical Center*, Wilkes-Barre, PA

- Developed a lesson plan and conducted an employee in-service
- Performed patient satisfaction surveys
- Executed a menu purchasing production project

Food Service, *Wilkes-Barre General Hospital*, Wilkes-Barre, PA

- Planned and delivered an employee in-service
- Conducted food and labor cost studies and completed a budget project

May- June 2011

Medical Nutrition Therapy, *Veterans Affairs Medical Center*, Wilkes-Barre, PA

- Gave a presentation on the Food Guide Pyramid
- Case study presentation using the Nutrition Care Process (NCP)

Medical Nutrition Therapy, *Regional Hospital*, Scranton, PA

- Assessed and counseled patients with diabetes, cardiovascular diseases, gastrointestinal diseases, and cancer using the NCP.

- Developed lesson plans and delivered presentations to the cardiac rehab patients

Pediatrics, *A.I. duPont Hospital for Children*, Wilmington, DE

- Observed in-patient and out-patient diabetes education
- Observed the assessment and counseling of cystic fibrosis patients

NICU, *Moses Taylor Hospital*, Scranton, PA

- Observed and assisted in the enteral/parenteral calculations and recommendations for the NICU patients

Renal, *DaVita Dialysis*, Scranton, PA

- Interviewed, assessed, and made diet recommendations to a patient with kidney disease

January- February 2012

Acute Care, *Regional Hospital*, Scranton, PA

- Interviewed, assessed, and counseled patients with various medical conditions
 - Completed nutrition diagnoses using the NCP
 - Developed educational posters for employees
- Long-term Care, Wesley Village, Pittston, PA**
- Interviewed long-term care patients and conducted nutritional assessments
 - Completed coding for MDS
 - Performed meal observations
 - Conducted a supplement audit

Undergraduate Juniata College, Huntingdon, PA
 Bachelor of Science Degree in Biology with Secondary Emphasis in Communication
 Completed: May 2009

University of Leeds, Leeds, England
 Study Abroad Exchange Student
 Completed: Spring Semester 2008

TEACHING AND MENTORING EXPERIENCE:

ASSISTANT PROFESSOR OF INSTRUCTION 8/22 - present
 Temple University
 Department of Kinesiology, Philadelphia, PA

- MPH in Nutrition Field Placement Coordinator
- Course Instructor:
 - Nutrition and Health, SBS 1104, Fall 2022
 - MPH Fieldwork I, NUTR 9289, Fall 2022

ADJUNT INSTRUCTOR 8/21-8/22
 Thomas Jefferson University
 Department of Nutrition, Philadelphia, PA

- Course Instructor:
 - Nutritional Biochemistry & Physiology, RD 511, Fall 2021 & Pre-fall 2022

TEACHING ASSISTANT 1/15-5/18
 Penn State University
 Department of Nutrition, University Park, PA

- Course TA:
 - Diet in Disease, NUTR 452, Spring 2015
 - Nutritional Aspects of Disease, NUTR 453, Spring 2018

GUEST LECTURES

1. **Smethers AD**, “Can we rely on children to self-regulate intake in an obesogenic environment?” (January 2022). Obesity and Society course, University of Pennsylvania.
2. **Smethers AD**, “Can we rely on children to self-regulate intake in an obesogenic environment?” (September 2019). Obesity and Society course, University of Pennsylvania.

STUDENT MENTORSHIP

Asli Durak, M.S. (Graduate School of Biomedical Sciences and Professional Studies, Drexel University)

WORK EXPERIENCE:

2022 Research Associate, Monell Chemical Senses Center, Philadelphia, PA
 2020 - 2021 Consultant, HER Expert review panel, Temple University, Philadelphia, PA

2018 - 2022 Postdoctoral Fellow, Monell Chemical Senses Center, Philadelphia, PA
2012 - 2014 Clinical Dietitian, Raritan Bay Medical Center, Perth Amboy, NJ (May 2012-August 2014)
Skills Acquired: Management of 10-20 daily patient assessments using the NCP
Provide Nutrition Interventions for MNT for Diabetes, Heart Failure, GI Issues, Nutrition Support, Cancer, Renal Disease/Hemodialysis, Bariatric Surgery etc.
Delivered nutrition presentations on various disease states to staff and the community
Precept dietetic interns
2012 Grocery Store Analyst, USDA Grant, Marywood University, Scranton, PA
2009 - 2012 Graduate Assistant, Physician Assistant Dept, Marywood University, Scranton, PA

FUNDING:

Past Grants: 2/11/2020-02/10/2022NIDCD F32DC01870-10
“Stable isotope hair biomarker for added sugar intake and sweet taste phenotypes in mother-child dyads”
Principal Investigator
Total Direct Costs: \$68,562

05/15/2015-1/31/2018
“The effects of varying portion size over 5 days in preschool children”
USDA Childhood Obesity Prevention Transdisciplinary Training Program Seed Grant
Principal Investigator
Mentor: Barbara Rolls, Ph.D.
Total Direct Costs: \$14,143

PUBLICATIONS

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1. **Smethers AD**, Trabulsi JC, Stallings VA, Papas MA, Mennella JA. Factors affecting BMI changes in lactating and non-lactating mothers, *under review*.
 2. Mennella JA, **Smethers AD**, Decker JE, Delahanty MT, Stallings VA, Trabulsi JC. Effects of Early Weight Gain Velocity, Diet Quality, and Snack Food Access on Toddler Weight Status at 1.5 Years: Follow-Up of a Randomized Controlled Infant Formula Trial. *Nutrients*. 2021; 13(11):3946. <https://doi.org/10.3390/nu13113946>.
 3. Roe LS, Sanchez CE, **Smethers AD**, Keller KL, Rolls BJ. Portion size can be used strategically to increase intake of vegetables and fruits in young children over multiple days: a cluster-randomized crossover trial. *Am J Clin Nutr*, 2021 Sep 22, doi: 10.1093/ajcn/nqab321. Online ahead of print.
 4. Fisher J, Lumeng J, Miller L, **Smethers A**, Lott M. Evidence Based Recommendations and Best Practices for Promoting Healthy Eating Behaviors in Children 2 to 8 Years. Durham, NC: Healthy Eating Research; 2021. Available at: <https://healthyeatingresearch.org>.
 5. **Smethers AD**, Mennella JA. Sweet taste and added sugar consumption in infancy and childhood. Joseph PV, Duffy V. (Eds). In: *Sensory Science and Chronic Diseases: Clinical Implications and Disease Management*. Springer Nature, 2021.
 6. Trabulsi J, **Smethers A**, Ezzo J, Papas M, Stallings V, Mennella J (2020). Impact of early rapid weight gain on odds for overweight at one year differs between breastfed and formula-fed infants. *Pediatric Obesity*. Oct;15(10):e12688.
 7. Zuraikat FM, **Smethers AD**, Rolls BJ (2019). Portion size and eating and drinking. In H. Meiselman (Ed.) *Handbook of Eating and Drinking: Interdisciplinary Perspectives*. New York, NY: Springer.
 8. **Smethers AD**, Keller KL, Roe LS, Sanchez CE, Zuraikat, FM, Rolls BJ (2019). Both increases and decreases in energy density lead to sustained changes in preschool children’s energy intake over 5 days. *Physiology & Behavior*, 204, 201-218.
 9. Zuraikat FM, **Smethers AD**, Rolls BJ (2019). Potential moderators of the portion size effect. *Physiology & Behavior*, 204, 191-198.

10. **Smethers AD**, Roe LS, Sanchez CE, Zuraikat, FM, Keller KL, Kling SMR, Rolls BJ (2019). Portion size has sustained effects over 5 days in preschool children: a randomized trial. *Am J Clin Nutr*, 109(5):1361-1372.
11. Zuraikat FM, Roe LS, **Smethers AD**, Rolls, B.J. (2018). Provision of a to-go container attenuates the portion size effect in women. *Appetite* 129:162-170.
12. Zuraikat FM, Roe LS, **Smethers AD**, Reihart LW, Rolls, B.J (2018). Does the cost of a meal influence the portion size effect? *Appetite* 127:341-348.
13. **Smethers AD**, Rolls BJ (2018). Dietary Management of Obesity: Cornerstones of Healthy Eating Patterns, *Med Clin N Am*. 102(1):107-124.

ABSTRACTS

1. Durak A, Fisher JO, Hurley KC, Mennella JA, **Smethers AD**. (November 2022). Proof-of-principle study: Changes in BMI and dietary intake of mothers during the COVID-19 pandemic. The Annual Meeting of the Obesity Society: Obesity Week 2022.
2. **Smethers AD**, Trabulsi JC, Stallings VA, Papas MA, Mennella JA. (November 2022). Factors affecting BMI changes among lactating and non-lactating mothers during the first year postpartum. The Annual Meeting of the Obesity Society: Obesity Week 2022.
3. Croce C, **Smethers AD**, Carney E, Mennella JA, Fisher JO. (June 2022). "Randomized controlled trial to investigate the effects of repeated exposure to low sugar snacks among children: Choice of experimental food stimuli." The Annual Meeting of Nutrition: Virtual.
4. **Smethers AD**, Duffy VB, Fisher JO, Mennella JA. (April 2022). "Mothers' dietary habits predict their daughters' habits, but not their sons." The Annual Meeting of the Association for Chemoreception Sciences: Bonita Spring, FL.
5. **Smethers AD**, Carney E, Snell S, Duffy VB, Fisher JO, Mennella JA. (July 2021). "Like mother, like daughter: Intake and liking of sweet and salty foods." The Annual Meeting of the Society for the Study of Ingestive Behavior: Virtual Meeting due to Covid-19.
6. Decker JE, Mennella JA, Brewer BC, Millen AE, Robson SM, **Smethers AD**, Delahanty MT, Stallings VA, Trabulsi JC. (June 2021). "Posteriori diet patterns of formula-fed infants during first 1.5 years." The Annual Meeting of Nutrition: Virtual Meeting due to Covid-19.
7. Sanchez CE, Roe LS, Keller KL, **Smethers AD**, Rolls BJ. (June 2021). "Serving a larger proportion of vegetables and fruits improved children's intake over 5 days." The Annual Meeting of Nutrition: Virtual Meeting due to Covid-19.
8. **Smethers AD**, Carney E, Duffy VB, Fisher JO, Mennella JA. (August 2020). "Like mother, like child? Concordance among mother-child dyads for sweet liking and added sugar intake differs by sex." International Symposium on Olfaction and Taste: ISOT 2020, Virtual Meeting due to Covid-19.
9. Sanchez CE, Roe LS, Keller KL, **Smethers AD**, Meehan CT, Rolls BJ. (November 2019). "Does serving a larger proportion of vegetables and fruit influence children's intake over 5 days?" The Annual Meeting of the Obesity Society: Obesity Week 2019, Las Vegas, NV.
10. **Smethers AD**, Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (November 2018). "Can we rely on children to self-regulate intake in an obesogenic environment?" The Annual Meeting of The Obesity Society: Obesity Week 2018, Nashville, TN.
11. Zuraikat FZ, Roe LS, **Smethers AD**, Rolls, BJ (July 2018). "Provision of a to-go container attenuates the portion size effect in women." The Annual Meeting of the Society for the Study of Ingestive Behavior: Bonita Springs, FL.
12. **Smethers AD**, Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (July 2018). "Children did not adjust intake over 5 days in response to variations in energy density." The Annual Meeting of the Society for the Study of Ingestive Behavior: Bonita Springs, FL.
13. **Smethers AD**, Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (June 2018). "Energy density variations lead to sustained changes in preschool children's energy intake." The Annual Meeting of Nutrition: Boston, MA.

14. Reale S, Kearney C, Hetherington M, Croden F, Cecil J, Carstairs S, Rolls B, **Smethers A**, Canton S. (April 2018). Portion size reduction in preschool children: Snack reduction versus snack replacement. The 42nd Meeting of the British Feeding and Drinking Group: Lyon, France.
15. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (March 2018). "Can we identify children who are most responsive to large portions?" The Graduate Exhibition, The Graduate School at The Pennsylvania State University, University Park, PA.
16. Rolls BJ, **Smethers AD**, Keller KL, Roe LS, Sanchez CE (January 2018). "Understanding the effect of portion size in order to improve children's diets." Towards downsizing for portion control- workshop, The University of Leeds, Leeds, UK.
17. **Smethers AD**, Keller KL, Meehan CT, Roe LS, Sanchez CE, Rolls BJ. (October 2017). "Can we identify children who are most responsive to large portions?" The Annual Meeting of The Obesity Society: Obesity Week 2017, Washington, DC.
18. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (March 2017). "The portion size effect persists over 5 days in preschool children." The Graduate Exhibition, The Graduate School at The Pennsylvania State University, University Park, PA.
19. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (November 2016). "The portion size effect persists over 5 days in preschool children." The Annual Meeting of The Obesity Society: Obesity Week 2016, New Orleans, LA.

POSTER PRESENTATIONS

1. **Smethers AD**, Duffy VB, Fisher JO, Mennella JA. (April 2022). "Mothers' dietary habits predict their daughters' habits, but not their sons." Poster to be presented at The Annual Meeting of the Association for Chemoreception Sciences: Bonita Spring, FL.
2. **Smethers AD**, Carney E, Snell S, Duffy VB, Fisher JO, Mennella JA. (July 2021). "Like mother, like daughter: Intake and liking of sweet and salty foods." Poster presented at the Annual Meeting of the Society for the Study of Ingestive Behavior, Virtual Meeting.
3. Sanchez CE, Roe LS, Keller KL, **Smethers AD**, Rolls BJ. (June 2021). "Serving larger portions of vegetables and fruits improved children's intake over 5 days." Poster presented at Nutrition 2021, the American Society for Nutrition, Virtual Meeting.
4. Decker JE, Mennella JA, Brewer BC, Millen AE, Robson SM, **Smethers AD**, Delahnty MT, Stallings VA, Trabulsi JC. (June 2021). "Posteriori diet patterns of formula-fed infants during first 1.5 years". Poster presented at Nutrition 2021, the American Society for Nutrition, Virtual Meeting.
5. **Smethers AD**, Carney E, Duffy VB, Fisher JO, Mennella JA. (August 2020). "Like mother, like child? Concordance among mother-child dyads for sweet liking and added sugar intake differs by sex." Poster presented at the International Symposium on Olfaction and Taste (ISOT), Virtual Meeting.
6. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (March 2018). "Can we identify children who are most responsive to large portions?" Poster presented at the Graduate Exhibition, The Graduate School at The Pennsylvania State University, University Park, PA.
7. **Smethers AD**, Keller KL, Meehan CT, Roe LS, Sanchez CE, Rolls BJ. (October 2017). "Can we identify children who are most responsive to large portions?" Poster presented at the Annual Meeting of The Obesity Society: Obesity Week 2017, Washington, DC.
8. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (March 2017). "The portion size effect persists over 5 days in preschool children." Poster presented at the Graduate Exhibition, The Graduate School at The Pennsylvania State University, University Park, PA.
9. **Smethers AD**, Sanchez CE, Meehan CT, Roe LS, Keller KL, & Rolls BJ. (November 2016). "The portion size effect persists over 5 days in preschool children." Poster presented at the Annual Meeting of The Obesity Society: Obesity Week 2016, New Orleans, LA.

ORAL PRESENTATIONS

1. **Smethers AD**. (October 2021). "Losing weight after pregnancy: Do eating behaviors matter?" Annual Corporate Partners Meeting, Monell Chemical Senses Center: Philadelphia, PA. *presented virtually

2. **Smethers AD.** (October 2020). “Losing weight after pregnancy: Does breastfeeding help?” Annual Corporate Partners Meeting, Monell Chemical Senses Center: Philadelphia, PA. *presented virtually
3. **Smethers AD.** (September 2020). “The power of food: How portion size and energy density challenge children’s self-regulatory behavior”. Research Seminar, Center for Weight and Eating Disorders, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA. *presented virtually
4. **Smethers AD.** (October 2019). “The power of portion size: Larger portions lead to sustained changes in preschool children’s intake.” Annual Corporate Partners Meeting, Monell Chemical Senses Center: Philadelphia, PA.
5. **Smethers AD,** Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (November 2018). Can we rely on children to self-regulate intake in an obesogenic environment? The Annual Meeting of The Obesity Society: Obesity Week 2018, Nashville, TN.
6. **Smethers AD.** (August 2018). “The effects of varying portion size and energy density over 5 days in preschool children.” The Monell Chemical Senses Center: Philadelphia, PA.
7. **Smethers AD,** Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (July 2018). Children did not adjust intake over 5 days in response to variations in energy density. The Annual Meeting of the Society for the Study of Ingestive Behavior: Bonita Springs, FL.
8. **Smethers AD,** Keller KL, Roe LS, Sanchez CE, Zuraikat FM, & Rolls BJ. (June 2018). “Energy density variations lead to sustained changes in preschool children’s energy intake.” The Annual Meeting of Nutrition: Boston, MA.
9. **Smethers AD.** (March 2018) “The effects of varying portion size or energy density over 5 days in preschool children.” Department of Nutritional Sciences Seminar Series, The Pennsylvania State University: University Park, PA

AWARDS AND HONORS:

2019	NIH Institutional Postdoctoral Trainee (NIH Grant T32DC000014-38), The Monell Chemical Senses Center
2018	Barbara J. Rolls Graduate Scholarship in Nutritional Sciences, The Pennsylvania State University
2018	Ethan Sims Award Finalist, The Obesity Society
2018	George H. Collier New Investigator Travel Award, Society for the Study of Ingestive Behavior
2018	Clinical Emerging Leaders Award Competition Finalist, American Society for Nutrition
2018	Emerging Leaders in Nutrition Science Poster Competition Finalist, American Society for Nutrition
2018	Mary Frances Picciano Endowment, The Pennsylvania State University
2017-2018	Ruth L. Pike Nutritional Sciences Graduate Fellowship Award, The Pennsylvania State University
2016	Early Career Education Theater Award, Top Poster Presentation Winner, The Obesity Society
2016	Top 10 Abstract Award for the Clinical Management Section, The Obesity Society
2016	Top 10 Abstract Award for the Pediatric Obesity Section, The Obesity Society
2016-2018	Childhood Obesity Prevention Training Fellowship in Nutritional Sciences, USDA, The Pennsylvania State University
2016-2017	Grace M. Henderson Graduate Scholarship, The Pennsylvania State University
2014-2015	Excellence in Graduate Recruitment Award, The Pennsylvania State University
2012	Kappa Oma Cron Nu Honor Society, Marywood University
2012	Alpha Epsilon Lambda Honor Society, Marywood University
2009	Biology National Honor Society Pi Lambda Theta, Juniata College
2009	Communication National Honor Society Tri-Beta, Juniata College
2005-2008	Landmark Fall Conference Academic Honor Roll, Juniata College
2005-2008	4 Year NCAA Division III Varsity Soccer Player, Juniata College

CERTIFICATIONS AND TRAINING:

Registered Dietitian, (ID#1069701 Commission on Dietetic Registration, Academy of Nutrition and Dietetics)
Licensed Dietitian-Nutritionist, Commonwealth of Pennsylvania (ID#DN005422 Pennsylvania Department of State, Board of Nursing)

American Heart Association BLS for Healthcare Providers (CPR and AED)

Penn State Internal Review Board Human Subjects Training

Penn State Responsible Conduct in Research (RCR) Training, Scholarship and Research Integrity (SARI) Program

Penn State Family Education Rights and Privacy Act (FERPA) Training

Penn State Mandatory Child Abuse Reporting

PROFESSIONAL AFFILIATIONS:

2019- Present Association for Chemoreception, Member
2017- Present Society for the Study of Ingestive Behavior, Member
2016- Present American Society for Nutrition, Member
2015- Present The Obesity Society, Member
- Pediatric Obesity Section
2011- Present Academy of Nutrition and Dietetics, Member
-Pennsylvania Academy of Nutrition and Dietetics (PAND)
-Philadelphia Academy of Nutrition and Dietetics

SERVICE AND LEADERSHIP EXPERIENCE:

2020-present Historian, PAND Board
2020-present Secretary, Philadelphia Academy of Nutrition and Dietetics Board
2020-2022 Postdoc Representative, Monell Chemical Senses Center
2020-2021 Co-Chair, PAND Annual Meeting & Exhibition 2021
2019-2020 Fundraising Chair, PAND Annual Meeting and Exhibition 2020
2018-2019 Student Representative, Research Division, Society for Nutrition Education and Behavior
2017-2020 Newsletter Editor, Weight Management Dietetic Practice Group, Academy of Nutrition and Dietetics
2017-2018 Student Representative, Nutrition Dept. Diversity Committee, Penn State
2016-2020 Media Team, Pennsylvania Academy of Nutrition and Dietetics
2015-2016 Co-President, Nutrition Graduate Student Association, Penn State
2012-2014 Nutrition Representative, Employee Wellness Program Initiative, Raritan Bay Medical Center
2012 Student Co-Chair, PAND Annual Meeting and Exhibition
2011 Student Volunteer, PAND Annual Meeting and Exhibition
2010-2012 Treasurer, Graduate Student Council, Marywood University
2005-2009 Volunteer, Habitat for Humanity Member, Juniata College
2005-2009 Soccer Event Assistant Volunteer, Special Olympics, Juniata College