

CURRICULUM VITAE

MARIA KOLEILAT

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EDUCATION

DEGREES

| | | |
|-----------|--|---|
| 2005-2010 | University of California, Los Angeles Department of Community Health Sciences | DrPH Public Health Minor: Biostatistics |
| 2002-2003 | London School of Hygiene and Tropical Medicine | MSc Public Health Nutrition |
| 1998-2001 | American University of Beirut | BSc Nutrition and Dietetics |

OTHER EDUCATION AND CERTIFICATIONS

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|-----------|--|---|
| 2013 | SAS Global Certification Program | SAS Certified Base Programmer |
| 2010-2013 | Public Health Foundation Enterprises, WIC | Postdoctoral Training in Maternal and Child Health |
| 2001-2002 | Hotel Dieu de France Hospital, Beirut | Internship in Dietetics |
| 2002 | YMCA Fitness, London , UK | Pre & Post Natal Gym Instructor |
| 2001 | YMCA Fitness, London , UK | Gym Instructor |

PRINCIPAL POSITIONS HELD

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|--------------|---|--|
| 2013-present | California State University, Fullerton Department of Health Science | Assistant Professor |
| 2010-2013 | Public Health Foundation Enterprises WIC | Postdoctoral Researcher |
| 2005-2010 | UCLA Center for Health Policy Research/School of Public Health | Graduate Student Researcher |
| 2003-2005 | American University of Beirut Department of Nutrition and Food Sciences | Instructor |
| 2004-2005 | American University of Beirut Department of Nutrition and Food Sciences | Research Analyst |
| 2003 | Medical Research Council, The Gambia | Project Manager for the MSc. Thesis “Effect of Reduced Salt Intake on Urinary Calcium Excretion in Post-Menopausal Women in Rural Gambia.” |

PEER-REVIEWED PUBLICATIONS

MANUSCRIPTS UNDER REVIEW

- **Koleilat, M.** & Whaley, S.E. (under review). Reliability and validity of food frequency questions to assess beverages and food groups intakes among low-income 2- to 4-year-old children. *Journal of the Academy of Nutrition and Dietetics*.
- Lee, S.C., **Koleilat, M.**, Hernandez, L. M., Whaley, S. E., Davis, J.N. (under review). Screen time linked to unhealthy diets in low -income children. *Journal of Nutrition Education and Behavior*.

MANUSCRIPTS PUBLISHED AFTER JOINING CSUF

- Chaparro, M.P., Whaley, S.E., Crespi, C.M., **Koleilat, M.**, Nobari, T.Z., Seto, E., Wang, M.C. (2015). Response to letter to the editor by Joe Brew, Department of Epidemiology, University of Florida. *J Epidemiol Community Health*, 69 (8):817. doi: 10.1136/jech-2014-205344.
- Kodjebacheva, G., **Koleilat, M.**, Kruger, D.J. (in press). Depressive symptoms mediate the association between fear of crime and higher body mass index. *American Journal for Health Promotion*. doi: <http://dx.doi.org/10.4278/ajhp.140103-ARB-6>.
- Davis, J.N, **Koleilat, M.**, Shearrer, G.E., Whaley, S.E. (2014). Association of infant feeding and dietary intake on obesity prevalence in low-income toddlers. *Obesity*, 22 (4), 1103-1111. doi: 10.1002/oby.20644.
- Langellier, B.A., Chaparro, M.P., Wang, M.C., **Koleilat, M.**, Whaley, S.E. (2014). The new food package and breastfeeding outcomes among WIC participants in Los Angeles County. *AJPH*, 104 (Suppl.1), S112-8.
- Chaparro, M.P., Whaley, S.E., Crespi, C.M., **Koleilat, M.**, Nobari, T.Z., Seto, E., Wang, M.C. (2014). Influences of the neighborhood food environment on adiposity of low-income preschool-aged children in Los Angeles County: a longitudinal study. *J Epidemiol Community Health*, 0, 1-7. Advance online publication. doi:10.1136/jech-2014-204034.
- Chaparro, M.P., Langellier, B.A., Wang, M.C., **Koleilat, M.**, Whaley, S.E. (2014). Effects of parental nativity and length of stay in the U.S. on fruit and vegetable intake among WIC-enrolled preschool-aged children. *Journal of Immigrant and Minority Health*. Advance online publication. doi: 10.1007/s10903-014-0097-5.

MANUSCRIPTS IN PREPARATION (PEER-REVIEWED)

- **Koleilat, M.**, Vargas, N., Kodjebacheva, G. Perceived enablers and barriers to physical activity among pregnant WIC participants in Southern California.
- **Koleilat, M.**, Kim, L.P., Whaley, S.E. Improving periconceptional health through the prevention of excessive gestational weight gain: from research to intervention.
- Kim, L.P., **Koleilat, M.**, Whaley, S.E. Qualitative evaluation of barriers to appropriate gestational weight gain among participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
- Whaley, S. E., **Koleilat, M.**, Leonard, S. Breastfeeding is associated with reduced early childhood obesity in low-income Hispanic population.
- **Koleilat, M.**, Vargas, N., Bell, S.T., Whaley, S.E. (2014). Self-reported pre-pregnancy weight versus weight measured in the first trimester among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
- **Koleilat, M.**, Bell, S.T., Vargas, N., Molina, M., Whaley, S.E. Perceived pre- pregnancy

weight status among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

- Vargas, N., **Koleilat, M.**, Pelina, A.V., Bell, S.T., Whaley, S.E. Beliefs regarding weight gain during pregnancy among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
- **Koleilat, M.**, Whaley, S.E. Impact of policy changes on overweight and obesity rates among low-income children participating in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) in Southern California.

MANUSCRIPTS PUBLISHED PRIOR TO JOINING CSUF

- Sadegh-Nobari, T., Wang, M.C., Chaparro, M.P., Crespi, C.M., **Koleilat, M.**, Whaley, S.E. (2013). Immigrant enclaves and obesity in preschool-aged children in Los Angeles County. *Social Science & Medicine*, 92, 1-8.
- **Koleilat, M.**, & Whaley, S.E. (2013). Trends and predictors of excessive gestational weight gain among WIC participants in Southern California. *Matern Child Health J*, 17(8), 1399-1404. doi:10.1007/s10995-012-1140-6.. doi:10.1007/s10995-012-1140-6.
- Sekhobo, J., Whaley, S.E., Edmunds, L., **Koleilat, M.** (2013, January 18). Obesity prevalence among children enrolled in WIC in Los Angeles and New York, 2003-2011. *MMWR Morbidity and Mortality Weekly Reports*. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6202a1.htm>.
- **Koleilat, M.**, Whaley, S.E., Afifi, A., Estrada, L., Harrison, G.G. (2012). Understanding the relationship between RFEI and early childhood obesity among WIC participants in Los Angeles County using GeoDa spatial statistics software. *Online Journal of Public Health Informatics*, 4 (1). ojphei.v4i1.3936. doi: 10.5210/ojphei.v4i1.3936.
- **Koleilat, M.**, Harrison, G.G., Whaley, S.E., McGregor, S., Jenks,E., Afifi, A. (2012). Preschool enrollment is associated with lower odds of childhood obesity among WIC participants in LA County. *Matern Child Health J*, 16(3), 706-712.
- Whaley, S., **Koleilat, M.**, Whaley, M., Gomez, J., Meehan, K., Saluja, K. (2012). Policy changes impact infant feeding decision among low-income women participating in WIC. *American Journal of Public Health*, 102(12), 2269-2273. doi: 10.2105/AJPH.2012.300770.
- Whaley, S., **Koleilat, M.**, Jiang, Lu. (2012). WIC administrative records are a valid measure of infant feeding practices. *J Hum Lact*, 28(2), 134-138.
- Hwalla, N., **Koleilat, M.** (2004). Dietetic Practice: the Past, Present and Future. *East Mediterr Health J*, 10(6), 716-30.

CONTRIBUTIONS TO OTHER PUBLICATIONS (UNREFEREED)

Harrison, G.G., Jenks, E., McGregor, S., **Koleilat, M.** (2007). WIC program participation and early childhood overweight. (Working Paper No. CCPR-036-07). Retrieved from California Center for Population Research website: <http://repositories.cdlib.org/ccpr/olwp/CCPR-034-07>.

Contributing Author

Contributed to the review and development of the chapter on nutrition and food safety in a general introductory textbook on public health:

Tulchinsky, T.H., & Varavikova, E.A. (2008). *The new public health, second edition: an introduction for the 21st century*. Waltham, Massachusetts: Academic Press.

Chapter Author

Wrote the "Arabic Chapter." In: . Donaldson, R.I., & Horeczko, T. (2010). *Tarascon medical translation pocketbook*. Sudbury, Massachusetts: Jones and Bartlett Publishers.

PRESENTATIONS AND LECTURES

PRESENTED AFTER JOINING CSUF

- Pelina, A.V., **Koleilat, M.**, Whaley, S.E. (2015, October). *Impact of the WIC food package change: a literature review*. Selected and confirmed for poster presentation during the 143rd APHA Annual Meeting and Exposition, Chicago, IL.
- **Koleilat, M.**, & Whaley, S.E. (2015, October). *Impact of policy changes on gestational weight gain among Low-Income pregnant women participating in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. Selected and confirmed for poster presentation during the 143rd APHA Annual Meeting and Exposition, Chicago, IL.
- **Koleilat, M.**, Whaley, S.E. (2015, October). *Examination of the recent revisions to the WIC food packages on early childhood obesity: Potential for mediation through breastfeeding and gestational weight gain*. Selected and confirmed for poster presentation during the 143rd APHA Annual Meeting and Exposition, Chicago, IL.
- **Koleilat, M.**, Kim, L.P., Whaley, S.E. (2015, August). *Improving periconceptional health through the prevention of excessive gestational weight gain: from research to intervention*. Oral presentation at the WIC's Impact on Periconceptional Nutrition Conference, Alexandria, VA.
- **Koleilat, M.**, Kim, L.P., Whaley, S.E. (2015, May). *Focusing on excessive gestational weight gain through education*. Oral presentation at the National WIC Association Annual Conference, Los Angeles, CA.
- Pelina, A.V., **Koleilat, M.**, Whaley, S.E. (2015, April). *Impact of the WIC food package change: a literature review*. Poster presentation at the 2015 CSUF Student Creative Activities and Research Day, Fullerton, CA.

- **Koleilat, M.,** Vargas, N., Bell, S.T., Whaley, S.E. (2015, March). *Self-reported pre-pregnancy weight versus weight measured in the first trimester among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)*. (2015, March). Oral presentation at the Experimental Biology Conference, Boston, MA.
- **Koleilat, M.,** Bell, S.T., Vargas, N., Molina, M., Whaley, S.E. (2015, March). *Perceived pre-pregnancy weight status among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)*. Oral presentation at the Experimental Biology Conference, Boston, MA.
- **Koleilat, M.,** Vargas, N., Pelina, A.V., Bell, S.T., Whaley, S.E. (2015, March). *Beliefs regarding weight gain during pregnancy among participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)* . Oral presentation at the Experimental Biology Conference, Boston, MA.
- **Koleilat, M.,** Whaley, S.E. (2014, November). *Impact of policy changes on overweight and obesity rates among low-income children participating in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) in Southern California*. Oral presentation at the 142nd APHA Annual Meeting & Exposition, New Orleans, LA.
- **Koleilat, M.,** Jiang, L., Whaley, S.E. (2014, April). *Validity and reliability of food frequency questions to assess beverages, fruits and vegetables, and sweetened food intakes among 2- to 4-year old WIC children*. Poster presentation at the Experimental Biology Conference, San Diego, CA.
- Kim, L.P., **Koleilat, M.,** Whaley, S.E. (2014, April). *Qualitative evaluation of barriers to appropriate gestational weight gain among participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)*. Poster presentation at the Experimental Biology Conference, San Diego, CA.

PRESENTED BEFORE JOINING CSUF

- **Koleilat, M.,** Kim, L.P., Whaley, S.E. (2013, April). *Improving periconceptional health among WIC participants through the prevention of excessive gestational weight gain: from research to intervention*. Poster presentation at the Experimental Biology Conference, Boston, MA.

Sekhobo, J., Whaley, S.E., Edmunds, L., **Koleilat, M.,** Jiang, L. (2012, October). *Obesity prevalence among children enrolled in WIC in Los Angeles and New York, 2003-2011*. Poster presentation at APHA Annual Meeting & Exposition Conference, San Francisco, CA.

Koleilat, M., Whaley, S., Gee, D. (2012, April). *Trends and predictors of excessive gestational weight gain among Hispanic WIC participants in Southern California*. Oral presentation at the Experimental Biology Conference, San Diego, CA.

Koleilat, M., Whaley, S., Jiang, L. (2012, April). *Maternal hospital experiences and breastfeeding success among WIC participants in Los Angeles County*. Oral presentation at the Experimental Biology Conference, San Diego, CA.

Whaley, S. E., **Koleilat, M.** & Whaley, M. (2012, April). *Breastfeeding & obesity: WIC policy changes increase breastfeeding rates and reduce obesity at age four.* Oral presentation at the Experimental Biology Conference, San Diego, CA.

Koleilat, M., Whaley, S., Harrison, G. (2011, April). *Gestational weight gain, birth weight and childhood obesity in low-income families.* Poster presentation at the Experimental Biology Conference, Washington, DC.

Koleilat, M., Harrison, G., Whaley, S., Gomez, J., Jenks, E. (2010, April). *Convenience stores are associated with early childhood obesity in low-income households.* Poster presentation at the Experimental Biology Conference, Anaheim, CA.

Koleilat, M., Harrison, G.G., McGregor, S., Jenks, E. (2008, October). *Preschool enrollment is associated with lower risk of early childhood overweight among WIC participants.* Poster presentation at the NAASO, The Obesity Society Annual Scientific Meeting, Phoenix, AZ.

Koleilat, M., Harrison, G.G., McGregor, S., Jenks, E. (2008, October). *Birthweight and childhood overweight among WIC participants.* Poster presentation at the 136th APHA Annual Meeting & Exposition, San Diego, CA.

Harrison, G.G., Jenks, E., Afifi, A., McGregor, S., Whaley, S., Gomez, J., **Koleilat, M.** (2008, May). *The role of WIC in early childhood overweight.* Oral presentation at the California WIC Association Annual Conference, San Diego, CA.

Koleilat, M. (2008, April). *Geospatial patterns of childhood overweight in areas of Los Angeles County.* Poster presentation at the Southern California Public Health Association (SCPHA) Annual Conference in Association with Southern California Society for Public Health Education (SC SOPHE), Long Beach, CA. (**Winner Poster: awarded 1st Place**).

Harrison, G.G., Jenks, E., Afifi, A., McGregor, S., Whaley, S., Gomez, J., **Koleilat, M.** (2008, April). *Total family time participating in WIC does not predict childhood overweight.* Oral presentation at the Experimental Biology Conference, San Diego, CA.

Kim, L.P., Harrison, G.G., **Koleilat, M.**, McGregor, S., Jenks, E. (2008, April). *Milk consumption patterns among Hispanic WIC mothers and their children.* Oral presentation at the Experimental Biology Conference, San Diego, CA.

RESEARCH SUPPORT AND OTHER COMPETITIVE FUNDING

ACTIVE- INTRAMURAL

2014-2015: Identifying enablers and barriers to physical activity among pregnant participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Incentive Grant Award (**\$10,000**)

Role: Principal Investigator

2014-2015: Evaluating the impacts of the revised WIC food packages on weight gain during pregnancy, breastfeeding practices, and childhood obesity in low-income families, Junior Intramural Junior Research Award (**\$2,481 & 3 WTUs**)

Role: Principal Investigator

COMPLETED- EXTRAMURAL

2012-2015: “Improving periconceptional health through the prevention of excessive gestational weight gain: from research to intervention, FNS/USDA (**\$72, 000**)

Role: Principal Investigator

COURSES TAUGHT

2013-present: California State University, Fullerton (CSUF) Department of Health Science:

- *Vital Link to Better Health* (HESC 350): This course provides an overview of the principles of nutritional science.
- *Measurement and Statistics in Health Science* (HESC 349): This course provides students with an understanding of measurement theory and statistics commonly used in the evaluation of human health and performance.

2009: UCLA, Center for Health Policy Research:

- *Basic Statistics and Data Management*: I created and taught a two-week intensive course in basic statistics and data management using SAS to visiting international public health professionals conducting a national health survey in Kuwait.

2006: University of California, Los Angeles (UCLA) Department of Community Health Sciences: Teaching assistant for *Maternal and Child Nutrition* (CHS 231).

2003- 2005: American University of Beirut (AUB), Department of Nutrition and Food Sciences:

- *Basic Nutrition* (NFSC 221): This course provides an overview of nutrients, including their food sources, digestion, metabolism, functions, and requirements in humans.
- *Nutrition Status Assessment* (NFSC 240): This course exposes students to the theoretical basis of various aspects of nutritional assessment (counseling, dietary assessment,

anthropometric measurement, biochemical assays, and clinical assessment). The course also familiarizes students with nutritional status assessment tools and techniques through practical experimentation in the lab.

- *Food Service Management* (NFSC 290): This course provides an overview of the techniques of management of functional operation of food service.
- *Medical Nutrition Therapy Laboratory* (NFSC 294): This is an intensive laboratory course designed to help students learn and practice the application of the evidence-based medical nutrition therapy for diseases and disorders.

SERVICE

SERVICE TO THE PROFESSION

INVITED PRESENTATIONS

Koleilat, M., & Kim, L.P. *Success in reducing gestational weight gain.* Professional Development Day for WIC Nutritionists, PHFE WIC, Irwindale, California, August 18th & 25th, 2015.

Koleilat, M. *Impact of policy changes on overweight and obesity rates among low-income children participating in WIC.* Health Science Faculty Spring Research Seminar, Department of Health Science, CSUF, Fullerton, California, March 18th, 2015.

Koleilat, M. *Ecological predictors of early childhood obesity among participants of the Special Supplemental Nutrition Program (WIC).* UCLA Maternal and Child Health Colloquium, Los Angeles, California, December 1st, 2010.

Estrada, L., **Koleilat, M.** *More than pretty pictures: using GIS for analysis of health issues.* The UCLA-Semel Institute Center for Community Health, UCLA-Semel Institute Health Services Research Center, Drew-UCLA Export Center, CCH/HSRC/EXPORT Methods Seminar, Los Angeles, California, March 3rd, 2009.

Koleilat, M. *Menu planning and the exchange system.* Workshop on Diet and Diabetes, Eli Lilly & Co, Damascus, Syria, 2004.

Koleilat, M. *Medical nutrition therapy and gestational diabetes.* Workshop on Diet and Diabetes, Eli Lilly & Co, Damascus, Syria, 2004.

Koleilat, M. *Exercise and type II diabetes.* Workshop on Diet and Diabetes, Eli Lilly & Co, Damascus, Syria, 2004.

Koleilat, M. *Healthy eating.* Employee Appreciation Day, Eli Lilly & Co, Beirut, Lebanon, 2004.

EDITOR AND REFEREE FOR PEER-REVIEWED JOURNALS

2015: Co-editor, *Californian Journal of Health Promotion*

2015: Peer reviewer, *International Journal of Obesity*

2015: Peer reviewer, *Journal of Reproductive and Infant Psychology*

2014: Associate editor, *Californian Journal of Health Promotion*

2014: Peer reviewer, *American Journal of Public Health*

2013: Peer reviewer, *Journal of Nutrition Education and Behavior*

2013: Peer reviewer, *Journal of Human Lactation*

2011: Peer reviewer, *International Journal of Behavioral Nutrition and Physical Activity*

DEPARTMENT OF HEALTH SCIENCE SERVICE

COMMITTEES

2015: Co-chair, Awards and Events Committee, Department of Health Science, CSUF.

2014-present: Member, Undergraduate Curriculum Committee, Department of Health Science, CSUF.

2014: Member, MPH Admission Committee, Department of Health Science, CSUF.

PROFESSIONAL AFFILIATIONS

2006-present: American Society for Nutrition (ASN)

2008-present: American Public Health Association (APHA)

2008-2010: Southern California Public Health Association (SCPHA)

2001-2005: Lebanese Dietetic Association (LDA)

OTHER PROFESSIONAL ACTIVITIES PRIOR TO JOINING CSUF

2008: Member, Global Health Search Committee, School of Public Health, UCLA

2007: Mentor to incoming graduate students, Department of Community Health Sciences, UCLA

2005: Consultant, Food Heritage Foundation (non-profit partnership aiming at the conservation of Lebanon's food heritage and empowerment of rural women), AUB

2004-2005: Member, The New Student Orientation Committee, AUB

2002: TV Host, Racklama (kickboxing/fitness program targeting Arabic youth), Zen T.V., Beirut, Lebanon

2001: Anchor for the Health and Nutrition section, Dardachat (talk show targeting Arabic youth), Zen T.V., Beirut, Lebanon

HONORS AND AWARDS

2010: Membership in the IOTA (UCLA) Chapter of Delta Omega

2009-2010: Quality of Graduation Fellowship

2008-2009: Juneal Marie Smith Fellowship in International Nutrition

2008: Student Poster Award: Awarded 1st place at the Student Poster Award Competition of the Southern California Public Health Association (SCPHA) and Southern California Society for Public Health Education (SC SOPHE) 2008 Annual Meeting

2005- 2010: Eleanor J. De Benedictis Fellowship in Nutrition

2005: Mellon Summer Seminar Fellowship for the Creative Use of Resources in Course Design

2003: Nestle Travel Scholarship for the Public Health Nutrition Unit, London School of Hygiene and Tropical Medicine (LSHTM)

1999-2001: Dean's Honor List

CLINICAL EXPERIENCE

2004-2005: Therapeutic Dietitian, Green Shield Office for Medical Services, Beirut, Lebanon.

2001-2002: Fitness Instructor and Clinical Dietitian, Lifestyles Health Club, Beirut, Lebanon.

2000-2001: Dietary Assistant, Dietary Department, American University Hospital, Beirut, Lebanon.

ADDITIONAL SKILLS

Fluent in written & spoken English, French, and Arabic

Highly proficient with MS Office Products, SAS, GeoDa (Spatial statistics software), Epi-Info, and ESHA (Food processor)

Good Knowledge of HLM (Hierarchical linear & nonlinear modeling software), STATA, SPSS, WebCT (Course design software), ArcView (GIS software), C-survey (Rapid surveys software), Adobe GoLive (Web design) and Nut-Val (A spreadsheet application for the planning, calculation and monitoring of the nutritional value of general food rations), Agent Based Modeling_Anylogic Simulation Software

Created and designed an interactive website on the management of childhood obesity:
<http://mkoleilat.bol.ucla.edu/wmkidsfiles/>)