

Meghan M. JaKa, PhD
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EDUCATION

2012-2016	PhD	Social & Behavioral Epidemiology, University of Minnesota
2007-2009	MS	Physical Activity & Health, Oregon State University
2004-2007	BS	Exercise Physiology, Rutgers University

GRANTS & FELLOWSHIPS

2015-2016	Discovery Grant, HealthPartners Institute
2014-2016	NIH Predoctoral Fellowship, University of Minnesota
2014-2015	JB Hawley Student Research Award, University of Minnesota

PUBLICATIONS

Manuscripts Under Review

Sherwood NE, Levy RL, Langer SL, Kunin-Batson A, **JaKa MM**, Crain AL, Seburg EM, & Jeffery RW (Under Review). The Healthy Homes/Healthy Kids Obesity Prevention Trial: 12 and 24 month outcomes. *Pediatric Obesity*.

JaKa MM, Sherwood NE, Wood C, Stevens J, Veblen-Mortenson VM, Moore S, Ward D, Matheson D, Barkin S, Bangdiwala K, & Michie S (Under Review). Effectiveness of the Online BCTTv1 Training: The Childhood Obesity Prevention and Treatment (COPTR) consortium case study. *PLOS ONE*.

Truesdale K, Matheson D, **JaKa MM**, Roberts A, Pratt C, Ferguson T, McAleer S, Koontz M, & Sommer E (Under Review). Examination of the Healthy Eating Index in children: The COPTR Study. *Journal of the Academy of Nutrition and Dietetics*.

Matheson DM, Truesdale K, Sommer EC, Boyington JE, , McAleer S, **JaKa MM**, Burgess LE (Under Review). Children's Food and Nutrient Intakes at Different Types of Restaurants. *American Journal of Preventive Medicine*.

Published Manuscripts

- 2018 Britt HR, **JaKa MM**, Fernstrom KM, Bingham PE, Betzner AE, Taghon JR, Shippee ND, Shippee TP, Schellinger SE, Anderson EW (In press). Quasi-Experimental Evaluation of LifeCourse on Utilization and Patient and Caregiver Quality of Life and Experience. *American Journal of Hospice Palliative Care*.

- 2018 **JaKa MM**, French SA, Wolfson J, Jeffery RW, Lorencatto F, Michie S, Levy RL, Langer SL, Sherwood NE (In press). The Relationship between Intervention Characteristics and Outcomes in Obesity Prevention. *Health Education & Behavior*.
- 2018 French SA PhD, Sherwood NE PhD, Veblen-Mortenson S, Crain AL, **JaKa MM**, Mitchell NR, Hotop AM, Berge JM, Kunin-Batson AS, Truesdale K, Stevens J, Pratt C, Esposito L (In press). Results of a three-year, multi-setting, multi-component, preschool-aged child obesity prevention intervention: The NET-Works Randomized Controlled Trial. *American Journal of Public Health*.
- 2018 Dusek J, **JaKa MM**, Betzner A, Fairchild S, Rivard R, Wallerius S, & Victorson D (2018). Rationale for Routine Collection of Patient Reported Outcomes during Integrative Medicine Consultation Visits. *Complementary Therapies in Medicine*.
- 2018 Barkin S, Economos C, Evenson KE, **JaKa MM**, Banda JA, Ruiz RM, Buchowski MS (2018). Physical activity pattern distribution in a large sample of preschool-aged children. *Pediatrics*.
- 2017 Venkatasubramaniam A, Wolfson J, Mitchel NM, Barnes T, **JaKa MM**, & French SA (2017). Decision trees in obesity research. *Emerging Themes in Epidemiology*.
- 2017 Heerman B, **JaKa MM**, Berge JM, Trapl E, Sommer E, Jackson N, Haapala JL, Kunin-Batson A, Olson-Bullis BA, Hardin H, Sherwood NE, Barkin S (2017). The Dose of Behavioral Interventions to Prevent and Treat Childhood Obesity: A Systematic Review. *International Journal of Behavioral Nutrition and Physical Activity*.
- 2017 **JaKa MM**, French SA, Wolfson J, Jeffery RW, Lorencatto F, Michie S, Langer SL, Levy RL, Sherwood NE (2017). Feasibility of Standardized Methods to Specify Behavioral Pediatric Obesity Prevention Interventions. *Journal of Behavioral Medicine*.
- 2017 **JaKa MM**, Seburg EM, French SA, Jeffery RW, Wolfson J, Levy RL, Langer SL, Sherwood NE (2017). Parent choice in a pediatric obesity prevention intervention. *Health Behavior and Policy Review*.
- 2016 Langer SL, Seburg EM, **JaKa MM**, Levy RL, Sherwood NE (2016). Child Dietary Intake: Independent and Interactive Effects of Parenting Practices and Styles. *Appetite*.
- 2016 Barkin S, Buchowski M, French SA, **JaKa MM**, Lamichhane A, Stevens J, Evenson K, Bangdiwala S, Banda J, & Pratt C (2016). Parental Physical Activity Matters for Preschooler Physical Activity in Underserved Populations. *American Journal of Preventive Medicine*.
- 2016 **JaKa MM**, Haapala JL, Trapl ES, Kunin-Batson A, Heerman B, Olson-Bullis BA, Berge JM, Moore S, Matheson D, & Sherwood NE (2016). Reporting of Treatment Fidelity in Behavioral Pediatric Obesity Intervention Trials: A Systematic Review. *Obesity Reviews*.
- 2015 French SA, Sherwood NE, **JaKa MM**, Haapala JH, Ebbeling C, & Ludwig D (2015). Physical changes in the home environment to reduce television viewing and sugar-sweetened beverage consumption among 5- to 12-year-old children: A randomized pilot study. *Pediatric Obesity*.

- 2015 Sherwood NE, **JaKa MM**, Crain AL, Martinson BC, Hayes MG, Anderson JD, & Veblen-Mortenson S (2015). Pediatric Primary Care-Based Obesity Prevention for Parents of Preschool Children: A Pilot Study. *Childhood Obesity*.
- 2015 **JaKa MM**, Sherwood NE, Flatt SW, Pacanowski CR, Pakiz B, Thomson CA, & Rock CL (2015). Mediation of Weight Loss and Weight Loss Maintenance through Dietary Disinhibition and Restraint. *Journal of Obesity & Weight Loss Therapy*.
- 2015 **JaKa MM**, Haapala JL, Wolfson J & French SA (2015). Describing the relationship between occupational and non-occupational physical activity using objective measurement. *Preventive Medicine Reports*.
- 2015 **JaKa MM**, Seburg EM, Roeder AM, & Sherwood NE (2015). Objectively Coding Interventionist Fidelity during a Phone-Based Obesity Prevention Pilot Study. *Journal of Obesity and Overweight*.
- 2015 Kunin-Batson A, Seburg EM, Crain AL, **JaKa MM**, Langer SL, Levy RL, & Sherwood NE (2015). Household factors, family behavior patterns, and children's adherence to dietary and activity guidelines. *Journal of Nutrition Education & Behavior*.
- 2015 Crowell MD, Murphy TB, Levy RL, Langer SL, Kunin-Batson A, Seburg EM, **Senso MM**, Sherwood NE (2015). Eating behaviors and quality of life in preadolescents at risk for obesity with and without abdominal pain. *J Pediatr Gastroenterol Nutr*, 60(2), 217-223.
- 2014 **Senso MM**, Trost SG, Crain AL, Seburg EM, Anderson JD. & Sherwood NE (2014). Activity Patterns of Preschool-Aged Children at Risk for Obesity. *Journal of Physical Activity & Health*. Epub ahead of print.
- 2014 Pacanowski CR., **Senso MM**, Oriogun K, Crain AL, & Sherwood NE (2014). Binge eating behavior and weight loss maintenance over a 2-year period. *Journal of Obesity*. Epub ahead of print.
- 2014 Langer SL, Crain AL, **Senso MM**, Levy RR, & Sherwood NE. (2014). Predicting child physical activity and screen time: parental support for physical activity and general parenting styles. *Journal of Pediatric Psychology*. 39(6), 633-642.
- 2014 Seburg EM, Kunin-Batson A, **Senso MM**, Crain AL, Langer SL, Levy RL, & Sherwood NE (2014). Concern about Child Weight among Parents of Children At-Risk for Obesity. *Health Behavior and Policy Review*. 1(3):197-208.
- 2014 **Senso MM**, Anderson CP, Crain AL, Sherwood NE, & Martinson BC (2014). Self-Reported Activity and Accelerometry in 2 Behavior-Maintenance Trials. *Am J Health Behav*. 38(2), 254-264.
- 2013 Sherwood NE, French SA, Veblen-Mortenson S, Crain AL, Berge J, Kunin-Batson A, Mitchell N, & **Senso MM** (2013). NET-Works: Linking Families, Communities & Primary Care to Prevent Obesity in Preschool-Age Children. *Contemporary Clinical Trials*, 36(2), 544-54.

- 2013 Sherwood NE, Levy RL, Crain AL, Langer SL, **Senso MM**, Hayes MG, Anderson JD, & Seburg EM (2013). Healthy Homes/Healthy Kids: A Randomized Trial of a Pediatric Primary Care Based Obesity Prevention Intervention for At-Risk 5-10 Year Olds. *Contemporary Clinical Trials*, 36(1), 228-43.
- 2013 Sherwood NE, Crain AL, Martinson BC, Anderson CP, Hayes MG, Anderson JD, **Senso MM**, & Jeffery RW (2013). Enhancing Long-term Weight Loss Maintenance: 2 Year Results from the Keep It Off Trial. *Preventive Medicine*, 56(3-4), 171-177.
- 2010 Trost SG, Ward DS, & **Senso MM** (2010). Effects of Child Care Policy & Environment on Physical Activity. *Medicine & Science in Sport & Exercise*, 42(3), 520-525.
- 2010 Arent SM, **Senso MM**, Golem DL, & McKeever KH (2010). The effects of theaflavin-enriched black tea extract on muscle soreness, oxidative stress, inflammation, & endocrine responses to acute anaerobic interval training: a randomized, double-blind, crossover study. *Journal of the International Society of Sports Nutrition*, 7(11).

Chapters in Edited Collections

- 2014 Sherwood NE, **Senso MM**, Fleming CK, Roeder AM (2014). Behavioral Risk Factors for Overweight & Obesity: Diet & Physical Activity. In A. Coulston, C. Boushey, & M. Ferruzzi (Eds.), *Nutrition in the Prevention & Treatment of Disease, Third Edition*. Burlington, MA: Elsevier Academic Press.

INVITED TALKS

- 2018 Identifying behavioral health needs in school. *District of Columbia's Task Force on School Mental Health Meeting*. March 12.
- 2015 Creating a Culture of Health in Minnesota. *Weight of the Fox Valley Community Health Connections*. July 15.
- 2014 Process Evaluation in Pediatric Obesity. Division of Epidemiology & Community Health, University of Minnesota. February 25.

CONFERENCE PARTICIPATION

Sessions Chaired

- 2016 Deconstructing obesity interventions to find the secret sauce. *Obesity Week*. October 31-November 5.

Oral Presentations

- 2014 **Senso MM**, Sherwood NE, French SA, Crain AL, Toov SE, & Mitchell NR. Demographic, Child Health, and Parenting Predictors of Accelerometry Wear Time in Preschool-Aged Children. *International Society for Behavioral Nutrition and Physical Activity Annual Meeting*. May 21-24.

- 2012 **Senso MM**, Trost SG, Fleming CK, Rein DM, Levy RL, Langer SL, Jeffery RW, Hayes MG, & Sherwood NE (2012). Promoting Parenting Skills to Increase Physical Activity & Decrease Television Viewing in Children. *59th Annual Meeting & 3rd World Congress on Exercise is Medicine®*. May 29-June 2

Poster Presentations

- 2019 **JaKa MM**, Ziegenfuss JY, Renner JM, Easterday CE, & Pronk NP (forthcoming). Developing a Center for Evaluation in a Learning Health System. *Health Care Systems Research Network Conference*.
- 2018 Luekering N, Allen J, Barnes E, Humphery S, Williams C, & **JaKa MM** (2018). Formative Evaluation of a School-based Creative Therapy Recording Studio Program to Engage Youth in Mental Health Services. *Annual Conference on Advancing School Mental Health*.
- 2017 Freitas C, Ibikunle J, **JaKa MM**, & Allen J (2017). Overall cost implications of illicit drug use in a comprehensive psychiatric emergency program, a retrospective analysis – preliminary data. *The American Academy of Addiction Psychiatry's Annual Meeting*.
- 2016 Heerman WJ, **JaKa MM**, Berge JM, Trapl ES, Sommer EC, Jackson N, Haapala JL, Kunin-Batson AS, Olson-Bullis BA, Hardin HK, Sherwood NE, Barkin SL. The Dose of Behavioral Interventions to Prevent and Treat Childhood Obesity: A Systematic Review. *Pediatric Academic Societies Annual Meeting*.
- 2016 **JaKa MM**, French SA, Lorencatto F, Levy LL, Wolfson J, Michie S, Bredeson DM, Langer SL, Colombo MJ, Sherwood NE (2016). Measuring behavior change techniques to improve pediatric obesity prevention interventions. *Obesity Week*.
- 2016 Ruiz RM, Tracy D, Banda J, Economos C, Evenson KE, Buchwoski MS, **JaKa MM**, Barkin S (2016). Physical Activity Novel Patterns in a Large Sample of Preschool-aged Children. *The Obesity Society's Annual Meeting*.
- 2016 Seburg EM, **JaKa MM**, Kunin-Batson AS, Langer SL, Levy LL, Sherwood NE (2016). Is parental concern about child weight associated with change in child BMI percentile? *Society of Behavioral Medicine's National Conference*.
- 2015 **JaKa MM**, Seburg EM, Levy LL, Langer SL, Sherwood NE (2015). Do parents choose the topics that matter? Correlates of weight-related topics discussed during a tailored pediatric obesity prevention intervention. *Association of Behavioral and Cognitive Therapy's 49th Annual Convention*.
- 2015 Truesdale KP, Matheson D, Pratt C, **JaKa MM**, McAleer S, Sommer E, Stevens J (2015). Examination of Two Dietary Quality Indices in Low Income Preschool and Adolescent Children from Four US Cities. *Obesity Week*.
- 2013 **Senso MM**, Seburg EM, & Sherwood NE (2013). Activity Patterns of Preschool-Aged Children at Risk for Obesity. *Society of Behavioral Medicine National Conference*.
- 2013 Roeder AM, **Senso MM**, & Sherwood NE (2013). Evaluation of phone coaching quality in an obesity prevention intervention. *Society of Behavioral Medicine National Conference*.

- 2013 Seburg EM, **Senso MM**, Kunin-Batson AS, & Sherwood NE (2013). Are parental perceptions of child weight related to parental weight-related behaviors? *Society of Behavioral Medicine National Conference*.
- 2013 Seburg EM, **Senso MM**, Hayes MG, Crain AL, Kunin-Batson AS, Anderson JD, Tucker AD, Fleming CK, Roeder AM, Rein DM, Langer SL, Levy RL, & Sherwood NE (2013). Healthy Homes/Healthy Kids 5-10: Results from baseline analysis. *HealthPartners Institute for Education and Research annual Celebration of Education and Research*.
- 2012 French SA, Sherwood NE, Veblen-Mortenson S, Crain AL, **Senso MM**, Mitchell NR, Hotop AM, Gerlach A (2012). Linking Parents, Families & Communities to Prevent Obesity Among Children: NET-Works Pilot Study. *Obesity Week*.
- 2012 Crowell MD, Levy RL, **Senso MM**, Langer SL, Sherwood NE (2012). Evaluation of eating behaviors and quality of life in pre-adolescent children at risk for obesity with and without abdominal pain. *American College of Gastroenterology Annual Meeting*.
- 2012 Langer S, Sherwood NE, Levy R, **Senso MM**, Hayes M, Anderson J, Veblen-Mortenson S, DuPen M, Ballard S, Swanson K, O'Leary M, Jensen C, Fleming C, Roeder A, & Jeffery R (2012). An authoritarian parenting style predicts child emotional overeating above & beyond child BMI & restrictive feeding. *Society of Behavioral Medicine National Conference*.
- 2011 **Senso MM**, Sherwood NE, Hayes MG, Crain AL, Martinson BC, Anderson JD, Fleming CK, Roeder AM, Rein DM, Jensen CJ, Levy RL, Jeffery RW, & Langer SL (2011). Healthy Homes/Healthy Kids: Baseline Characteristics from Two Pediatric-Primary Care Based Obesity Prevention Studies. *HealthPartners Research Foundation Celebration of Research*.
- 2011 **Senso MM**, Sherwood NE, Crain AL, Martinson BC, Hayes MG, Anderson JD, Jeffery RW, O'Connor PJ, & Trost SG (2011). Comparing Self-Report & Objective Measurement of Physical Activity in Successful Weight Losers. *American College of Sports Medicine Annual Meeting*.
- 2010 **Senso MM**, Sherwood NE, Crain AL, Martinson BC, Hayes MG, Anderson JD, & O'Connor PJ (2010). Comparing Characteristics of Adults Who Successfully Lost Weight Using Exercise vs. Non-Exercise Focused Methods. *American College of Sports Medicine Annual Meeting*.
- 2010 **Senso MM**, Crain AL, Anderson JD, Hayes MG, Martison BC, O'Connor PJ, Jeffery RW, & Sherwood NE (2010). Does Physical Activity Promote Positive Body Image in Recent Weight Losers? *Society of Behavioral Medicine Annual Meeting*.
- 2009 **Senso MM**, Thomas J, Howard K, & Trost SG (2009). Physical Activity Levels of Elementary-Aged Children in Early Morning Care: Differences by Age & Gender. *American College of Sports Medicine Annual Meeting*.
- 2009 Loprinzi PD, **Senso MM**, & Trost SG (2009). Estimation of energy expenditure in youth using the RT3 tri-axial accelerometer *American College of Sports Medicine Annual Meeting*.
- 2009 Loprinzi PD, **Senso MM**, Pfeiffer KA, & Trost, SG (2009). Predictive validity of a triaxial accelerometer MET prediction equation for children & adolescents. *American College of Sports Medicine Annual Meeting*.

- 2009 Pfeiffer KA, Loprinzi PD, **Senso MM**, & Trost SG (2009). Comparison of omnidirectional accelerometer prediction equations & count cutpoints in children & youth. *American College of Sports Medicine Annual Meeting*.
- 2009 Rice KR, Loprinzi PD, **Senso MM**, Pfeiffer KA, & Trost SG (2009). Validation of the OMNI scale in youth during standardized activity trials. *American College of Sports Medicine Annual Meeting*.
- 2009 Trost SG, Loprinzi PD, **Senso MM**, Pfeiffer KA (2009). Comparison of accelerometer cut-points for predicting physical activity intensity in youth. *American College of Sports Medicine Annual Meeting*.
- 2008 Arent SM, Pellegrino J, **Senso MM**, McKeever KH, Lupinacci A, & Epstein M (2008). Black tea extract reduces DOMS, oxidative stress, & cortisol responses to high-intensity interval training. *American College of Sports Medicine Annual Meeting*.
- 2008 Arent SM, Pellegrino J, McKeever KH, Epstein M, **Senso MM**, Freidenreich D, Williams CA, & Monaco R (2007). Nutritional supplementation, body composition, performance, & hormonal responses in Division I college football players. *American College of Sports Medicine Annual Meeting*.

RESEARCH & EVALUATION EXPERIENCE

- 2018-present **HealthPartners Institute, Evaluation Associate**
- 2017-2018 **DC Department of Behavioral Health, Applied Research & Evaluation, Manager**
- 2016-2017 **Allina Health, Division of Applied Research, Senior Research Associate**
- 2009-2016 **HealthPartners Institute, Research Project Manager**
- 2014-2016 **University of Minnesota, Predoctoral Trainee**
- 2012-2014 **University of Minnesota, Research Assistant**
- 2007-2009 **Oregon State University, Research Assistant**

TEACHING EXPERIENCE

University of Minnesota, Teaching Assistant

Obesity & Eating Disorders (Spring 2016)

Oregon State University, Teaching Assistant (Sole-Instructor)

Fitness Assessment & Exercise Prescription Lecture & Lab (Summer 2008)

Fitness Assessment & Exercise Prescription Lab (Spring 2008, Fall 2008, Winter 2009, Spring 2009)

Lifetime Fitness Lab (Fall 2007, Winter 2008)

SERVICE TO PROFESSION

Manuscript Review

Manuscript reviewer for *Preventive Medicine*

Manuscript reviewer for *BMC Public Health*

Manuscript reviewer for *Obesity*

Service to Professional & Other Organizations

2018 Member, DC Department of Behavioral Health Institutional Review Board (IRB)

2010 Volunteer at the *2010 International Society of Behavioral Nutrition and Physical Activity Annual Meeting*, Minneapolis, MN. June 9-12.

Graduate Student Advising

2016 Molly Colombo, University of Minnesota, School of Public Health, Master's Project

2015 Molly Colombo, University of Minnesota, School of Public Health, Field Experience

2015 Shannon Gerberding, Rosalind Franklin University of Medicine & Science, Internship

Undergraduate Student Advising

2015 Ashely Barthel, College of St. Scholastica, McNair Scholar Research Project

2009 Kodi Howard, Oregon State University, Undergraduate Research Opportunity

2009 Jessica Thomas, Oregon State University, Undergraduate Research Opportunity

PROFESSIONAL MEMBERSHIPS

2018-present American Evaluation Association

2010-2016 Society of Behavioral Medicine

2014-2016 International Society of Behavioral Nutrition & Physical Activity

2015-2016 The Obesity Society

2007-2012 American College of Sports Medicine

2005-2006 National Strength & Conditioning Association