

BRANDI ROLLINS

Curriculum Vitae

Cell: (510) 316-5215
Email: byr104@psu.edu
Website: <http://brandirollins.weebly.com>
<http://tiny.cc/googlescholarBYR> (Google Scholar)

EDUCATION

- Ph.D. 2013 Human Development and Family Studies
The Pennsylvania State University, University Park, PA
Foci: Individual Development and Methodology
Thesis: "An investigation of restrictive feeding practices and children's temperament, food reinforcement, and eating behaviors."
Thesis Advisors: Drs. Leann Birch and Eric Loken
- M.S. 2010 Human Development and Family Studies
The Pennsylvania State University, University Park, PA
Foci: Individual Development, Methodology, Prevention
Thesis: "Individual differences in the development of girls' food preferences across middle childhood: Tracking of food preferences, and the relation between food preferences, energy density, and food intake."
Thesis Advisor: Dr. Leann Birch
- 2008 Workshop on Statistical Methods in Drug Abuse and Health-Related Research
Prevention Center, University of Kentucky, Lexington, KY
- 2007 Methodology Summer Institute on Longitudinal Methods
Pennsylvania State University, University Park, PA
- 2005-06 Applied Statistics Program
California State University, East Bay, Hayward, CA
- B.A. 2001 English and Anthropology/Sociology
Centre College, Danville, KY

AWARDS

- 2007-2011 Travel Awards (4 awards totaling \$2300)
Human Development and Family Studies, Pennsylvania State University
- 2007-2010 Travel Award (4 awards totaling \$2500)
National Science Foundation SEBS-AGEP Program, Pennsylvania State University
- 2007 1st Place for Best Poster Presentation (Award \$250)
World Diabetes Day, Pennsylvania State University
- 2007 2nd Place for Best Poster Presentation (Award \$250)
2007 Annual Graduate Exhibition, Pennsylvania State University

- 2007 Society for Prevention Research Minority Travel Scholarship (\$410)
- 2007 Travel Award (\$300)
Department of Education and Equity, Pennsylvania State University
- 2000-2001 John C. Young Scholar (\$1,500)
Centre College
The culture of survival: Gringas in the el Inca prison – Quito, Ecuador

PROFESSIONAL EXPERIENCE

- 2014-pres. Research Assistant Professor, Center for Childhood Obesity Research
Pennsylvania State University, University Park, PA
- 2013-2014 Postdoctoral Scholar, Center for Childhood Obesity Research
Pennsylvania State University, University Park, PA
- 2008-2012 NIH NRSA Fellow/Research Assistant, Center for Childhood Obesity Research
Department of Human Development and Family Studies
Pennsylvania State University, University Park, PA
- 2010 Teacher's Assistant, Human Development and Family Studies Department
Pennsylvania State University, University Park, PA
- 2009 Research Intern (Mentor: Dr. Leonard Epstein)
Behavioral Medicine Laboratory, School of Medicine and Biomedical Sciences
University at Buffalo, Buffalo, NY
- 2008 Research Intern (Mentor: Drs. Nathaniel Riggs, Donna Spruit-Metz, Mary Ann Pentz)
Institute for Prevention Research, Keck School of Medicine
University of Southern California, Alhambra, CA
- 2007-2008 Student Representative, Anthropology SIG
Society for Public Health Education
- 2006-2008 Bunton Waller Fellow/Research Assistant, Center for Childhood Obesity Research
Department of Human Development and Family Studies
Pennsylvania State University, University Park, PA
- 2005-2006 Junior Statistician, Human Resources Service Center
Kaiser Permanente, Alameda, CA
- 2003-2006 Research Associate, Institute for Health Policy Studies
University of California, San Francisco, CA
- 2005 Teacher's Assistant, Statistics Department (2 semesters)
California State University, East Bay, Hayward, CA

- 2002-2004 Research Assistant, Division of Research
Kaiser Permanente, Oakland, CA
- 2001-2003 Project Assistant, Institute for Health Policy Studies
University of California, San Francisco, CA
- 2000-2001 Research Assistant, Social Sciences Department
Centre College, Danville, CA
- 2000-2001 John C. Young Scholar/Field Researcher, John C. Young Scholars Program
Centre College, Danville, CA
- 2000 Summer Research Intern, Anthropology Department
University of Utah, Salt Lake City, UT

PUBLICATIONS

- Rollins, B.Y.**, Stein, W.M., Keller, K.L. (under review). Preschoolers will drink their GREENS! Children like, and are willing to try and consume smoothies containing dark green vegetables (DGVs).
- Rollins, B.Y.**, Savage, S., Fisher, J.O., Birch, L.L. (in press). Alternatives to restrictive feeding practices to promote self-regulation in childhood: A developmental perspective. *Pediatric Obesity*.
- Duyff, R.L., Birch, L.L., Byrd-Bredbenner, C., Johnson, S.L., Mattes, R.D., Murphy, M.M., Nicklaus, T.A., **Rollins, B.Y.**, Wansink, B. (2015). Candy Consumption Patterns, Effects on Health, and Behavioral Strategies to Promote Moderation: Summary Report of a Roundtable Discussion: Candy Consumption Patterns, Effects on Health, and Behavioral Strategies to Promote Moderation: Summary Report of a Roundtable Discussion. *Advances in Nutrition*, 6(1): 139S-146S. PMID: PMC4288276.
- Rollins, B.Y.**, Loken, E., Savage, S., Birch, L.L. (2014). Effects of restriction on children's intake differ by child temperament, food reinforcement, and parent's chronic use of restriction. *Appetite*, 73(1), 31-39. PMID: 24511616.
- Rollins, B.Y.**, Loken, E., Savage, S., Birch, L.L. (2014). Maternal controlling feeding practices and girls' inhibitory control interact to predict changes in BMI and Eating in the Absence of Hunger from 5 to 7 years. *American Journal of Clinical Nutrition*, 99(2), 249-57. PMID: PMC3893722.
- Rollins, B.Y.**, Loken, E., Savage, S., Birch, L.L. (2014). Measurement of food reinforcement in preschool children: Associations with food intake, BMI, and reward sensitivity. *Appetite*, 72(1), 21-27. PMID: PMC4262148.
- Rollins, B.Y.**, Loken, E., Birch, L. (2011). Preferences predict food intake from 5 to 11 years, but not in girls with higher weight concerns, dietary restraint, and %body fat. *Obesity*, 19(11), 2190-7. PMID: PMC3703763.

- Rollins, B.Y.**, Riggs, N., Spruijt-Metz, D., McClain, A., Chih-Ping, C., Pentz, M. (2011). Psychometrics of the Eating in Emotional Situations Questionnaire (EESQ) among low-income Latino elementary-school children. *Eating Behaviors*, 12(2), 156-159. PMID: In progress.
- Rollins, B.Y.**, Dearing, K., Epstein, L. (2010). Delay discounting moderates the effect of food reinforcement on food intake in non-obese women. *Appetite*, 55, 420-425. PMID: PMC3042851.
- Rollins, B.Y.**, Loken, E., & Birch, L. (2010). Stability and change in snack food likes and dislikes from 5 to 11 y. *Appetite*, 55, 371-373.
- Rollins, B.Y.**, BeLue, R., & Francis, L. (2010). The beneficial effects of family meals on obesity differs by race, gender, and household education: The National Survey of Children's Health, 2003-2004. *Journal of the American Dietetic Association*, 110, 1335-1339. PMID: PMC3474593.
- Anzman, S., **Rollins, B.Y.**, Birch, L. (2010). Parents' influence on children's early eating environments and obesity risk: Implications for prevention. *International Journal of Obesity*, 34, 1116-1124.
- Taverno, S., **Rollins, B.Y.**, & Francis, L. (2010). Generation, Language, Body Mass Index, and Activity Patterns in Hispanic Children. *American Journal of Preventive Medicine*, 38(2), 145-153. PMID: PMC2828268
- BeLue, R., Francis, L., **Rollins, B.Y.**, & Colaco, B. (2009). One Size Does Not Fit All: Identifying Risk Profiles for Overweight in Adolescent Population Subsets. *Journal Adolescent Health*, 45(5), 517-524.
- Marseille, E., Dandona, L. Marshall, N., Gaist, P., Bautista, S., **Rollins, B.**, Bertozzi, S., Coovadia, J., Saba, J., Lioznov, D., Du Plessis, J.D., Krupitsky, E., Stanley, N., Over, M., Peryshkina, A., Kumar, S.G., Muyingo, S., Pitter, C., Lundberg, M., & Kahn, J. (2007). HIV prevention costs and program scale: Data from the PANCEA project in five low and middle-income countries. *BMC*, 7, 108-xxx. PMID: PMC1936993
- Marseille, E., Dandona, L., Saba, J., McConnel, C., **Rollins, B.**, Gaist, P., Lundberg, M., Over, M., Bertozzi, S., & Kahn, G. (2004). Assessing the efficiency of HIV prevention around the world: methods of the PANCEA project. *Health Serv Res*, 39(6 Pt 2), 1993-2012. PMID: PMC1361109.
- Rollins, B.** (2001). The culture of survival: Gringos in the el Inca prison – Quito, Ecuador. *The John C. Young Scholars Journal*, 11, 171-229.

PROFESSIONAL PRESENTATIONS

Oral and Paper Presentations

- Rollins, B.** (2014). Behavioral regulation, food reward sensitivity and eating in the absence of hunger in children ages 5 to 8 years. Paper for oral presentation, *Society for Research in Child Development 2015, Philadelphia, PA*.
- Rollins, B.**, Savage, & Birch, L. (2014). Are covert feeding practices beneficial? The effects of covert feeding on children's candy intake in a free access setting differ by general parenting practices. Paper for oral presentation, *Obesity Week 2014, Boston, MA*.

Bleser, J., **Rollins, B.**, Savage, & Birch, L. (2014). Availability and access to candy within the home is associated with children's candy intake in a free access setting and frequency of candy intake in the home. Paper for oral presentation, *Obesity Week 2014, Boston, MA*.

Rollins, B., Savage, & Birch, L. (2014). Children's intake of candy while in the absence of hunger exceeds USDA SoFAS limits. Paper for oral presentation, *2014 Annual Experimental Biology Conference, San Diego, CA*.

Rollins, B., Loken, E., Savage, J., & Birch, L. (2013). The effects of restriction on children's intake differ by child regulatory and appetitive tendencies. Paper for oral presentation, *2013 21st Annual Scientific Meeting for the Study of Ingestive Behavior, New Orleans, LA*.

Rollins, B., Loken, E., & Birch, L. (2011). Maternal restrictive feeding style and girls' inhibitory control interact to predict changes in BMI from 5 to 7 y. Paper for oral presentation, *2011 19th Annual Scientific Meeting for the Study of Ingestive Behavior, Clearwater, FL*.

Rollins, B., Dearing, K., Epstein, L. (2010). Impulsivity moderates the effect of food reinforcement on energy intake among non-obese women. Paper for oral presentation, *5th Annual National Science Foundation's Social, Behavioral and Economic Sciences Alliances for Graduate Education and the Professoriate (SBES-AGEP) Meeting, University of Texas-Austin, Austin, TX*.

Rollins, B., Loken, E., & Birch, L. (2009). Developmental shift in the relationship between food preferences and food intake is associated with differential changes in young girls BMI, dietary restraint, and weight concerns during childhood. Paper for oral presentation, *2009 27th Annual Scientific Meeting of The Obesity Society, Washington D.C.*

Rollins, B. (2001). The culture of survival: Gringas in the el Inca prison –Quito, Ecuador. Paper for oral presentation, *John C. Young Scholar Symposium, Centre College, Danville, KY*.

Rollins, B. (2001). Women drug mules: Four stories. Paper for oral presentation, *Central States Anthropological Society 78th Annual Meeting, Indiana University, Bloomington, IN*.

Rollins, B. (2000). Exploring the structure of the urban Black South African household during the periods of apartheid and post-apartheid of the late 20th century. Paper for oral presentation, *Summer Research Opportunity Internship Program (SROP) Research Conference, University of Utah, Salt Lake City, UT*.

Rollins, B. (2000). Women drug trafficking. Paper for oral presentation, *Central States Anthropological Society 77th Annual Meeting, Indiana University, Bloomington, IN*.

Posters

Rollins, B., Stein, W., & Kathleen, K. (2014). Kids will drink green smoothies! Children's willingness to try, liking, and intake of smoothies containing fruits and dark leafy greens in a preschool setting. Paper for poster presentation, *Obesity Week 2014, Boston, MA*.

- Bleser, J. **Rollins, B.**, Savage, & Birch, L. (2014). Candy vs. snacks: Parent and child discussions of characteristics that define candy and snack foods. Abstract for poster presentation, *2014 Annual Experimental Biology Conference*, San Diego, CA.
- Rollins, B.**, Savage, J., & Birch, L. (2013). Predicting increases and decreases in parental restriction from 7 to 9 y. Paper for poster presentation, *2013 Obesity Week*, Atlanta, GA.
- Kugler, K., Savage, J., **Rollins, B.**, & Birch, L. (2013). Psychosocial correlates of responsive feeding practices among low-income mothers. Paper for poster presentation, *2013 Obesity Week*, Atlanta, GA.
- Bleser, J. **Rollins, B.**, & Birch, L. (2013). Maternal work hours predict girls' BMI from 5 to 15y, even after adjusting for frequency of food eaten away from home and daily hassles. Paper for poster presentation, *2013 Obesity Week*, Atlanta, GA.
- Rollins, B.**, Loken, E., Savage, J., & Birch, L. (2013). Food reinforcement is associated with food intake, BMI, and reward sensitivity in preschool children. Paper for poster presentation, *2013 21st Annual Scientific Meeting for the Study of Ingestive Behavior*, New Orleans, LA.
- Rollins, B.**, Loken, E., & Birch, L. (2010). Access to Snack Foods Coupled with High Maternal Restriction Predict Greater Adiposity in Girls. Paper for poster presentation, *2010 28th Annual Scientific Meeting of The Obesity Society*, San Diego, CA. Similar poster presented at the *2012 COPT Research Forum*, University Park, PA.
- Savage, J., **Rollins, B.**, & Birch, L. (2010). Maternal and daughters' weight status predict changes in daughters' perceived parental restriction: A latent transition model. Paper for poster presentation, *2010 28th Annual Scientific Meeting of The Obesity Society*, San Diego, CA.
- Rollins, B.**, Taverno, S., Francis, L., Caldwell, L., Smith, E. (2010). Physical activity (PA) in afterschool programs serving school-aged children in Pennsylvania. Abstract for poster presentation, *10th Anniversary Celebration of the Center for Family Research in Diverse Contexts*, Penn State, University Park, PA.
- Taverno, S., **Rollins, B.**, & Francis, L. (2008). Acculturation, BMI, and activity patterns among Hispanic children in the US. Abstract for poster presentation, *2008 Annual Penn State Graduate Exposition*, University Park, PA. Similar poster presented at the *2008 Pediatrics Research Day*, Hershey, PA.
- Rollins, B.**, BeLue, R., & Francis, L. (2008) Do family meals protect against childhood overweight? An examination of racial and contextual moderators. Abstract for poster presentation, *2008 Pediatrics Research Day*, Hershey, PA.
- Rollins, B.**, BeLue, R., & Francis, L. (2007). Family meal frequency and weight status in young children. Abstract for poster presentation, *American College of Epidemiology 25th Annual Meeting*, Fort Lauderdale, FL. Similar poster presented at the *2007 Penn State World Diabetes Day*, University Park, PA.
- Rollins, B.**, Francis, L., & BeLue, R. (2007). Racial differences in the relation between family meal frequency and weight status in young children. Abstract for poster presentation, *Society for Public Health Education 58th Annual Meeting*, Alexandria, VA.

Rollins, B., & Birch, L. (2007). Individual differences in food preference and energy intake among preschool girls. Abstract for poster presentation, *2007 Annual Experimental Biology Conference*, Washington D.C. Similar poster presented at the *2007 Annual Penn State Graduate Exposition*, University Park, PA.

Gaist P., Hansl B., Stanley N., Dandona L., Peryshkina A., DuPlessis J., Sisodia P., Ozerkina R., Marseille E., **Rollins B.**, Kahn J. (2004). A Profile of HIV Prevention Programs for Sex Workers in Russia, India, South Africa, and Mexico – Results from Prevent AIDS: Network for Cost-Effectiveness Analysis (PANCEA). Abstract for poster presentation, *XV International AIDS Conference*, Bangkok, Thailand.

Hansl B., Marseille E., Kahn J.G., Over M., Lundberg M., Bertozzi S., Bautista S., Saba J., Reeler A., Dandona L., Garnett G., Gaist P., McConnel C., Pitter C., Marshall N., **Rollins B.** (2004). Assessing the efficiency of HIV prevention around the world: Methods of the PANCEA project. Abstract for poster presentation, *XV International AIDS Conference*, Bangkok, Thailand.

Invited Lectures and Presentations

Rollins, B., Savage, & Birch (2015). Searching for parental strategies that promote self-regulated intake of treats. Symposium presentation at *2015 Society for Nutrition Education and Behavior*, Pittsburgh, PA.

Rollins, B. (2014-2015). "The Great Smoothie Taste Test!" Food demonstration and nutrition education sessions provided at multiple schools and community events including Radio Park Elementary School (40 children served), Park Forest Elementary School (500 children served), Penn State Cooking Camp (30 children served), 2015 Penn State Ag Progress Days (20 families served).

Rollins, B., Savage, & Birch (2014). Alternatives to restriction. If restriction doesn't work, what does? Symposium presentation at *2014 Advances and Controversies in Clinical Nutrition*, National Harbor, MD.

Rollins, B., Savage, & Birch, L. (2014). "Promoting children's intake of candy in moderation: Exploring alternatives to parental restriction use" National Confectioners' Association Behavioral Nutrition Meeting, San Diego, CA, April 25, 2014.

Wagstaff, D., & **Rollins, B.** (2010). Assessing group sizes found in a complex sample. *HDFS Methods Lunch Series*, Pennsylvania State University, University Park, PA.

Rollins, B. (2009). PATHWAYS: A school-based child obesity prevention program. *Introduction to Human Development and Family Studies Interventions (HDFS 311)*, Pennsylvania State University, University Park, PA.

Rollins, B. (2007, 2008, 2009, 2010, 2011). Alternative Medicine. *Biobehavioral Diversity & Health (BBH 302)*, Pennsylvania State University, University Park, PA.

- Rollins, B.** (2007). Measuring positive spillover effects of an afterschool intervention. *HDFS Methods Lunch Series*, Pennsylvania State University, University Park, PA.
- Rollins, B.** (2007). Scale development of children's snack food preference. *HDFS Methods Lunch Series*, Pennsylvania State University, University Park, PA.
- Rollins, B.** (2005). "Nutrition Education and Cooking Demonstration." Healthy Eating Presentations at the Mandela Farmer's Market, Oakland, CA.

RESEARCH SUPPORT

- Rollins, B.** (2014-2015). Exploring alternatives to restriction: A randomized intervention trial aimed at promoting children's intake of candy in moderation. National Confectioners' Association, funded for \$100,000, July 2014 to December 2015. Role: Co-investigator
- Rollins, B.** (2013-2014). PSU Exploring alternatives to restriction: Teaching children to eat candy in moderation. National Confectioners' Association, funded for \$114,788, March 2013 to March 2014. Role: Co-investigator
- Rollins, B.** (2008-2012). The development of childhood obesity: Theory, methodology, and prevention. NIH Ruth L. Kirschstein National Research Service Award, NIH National Heart, Lung, and Blood Institute, funded for \$141,816, June 2008 to June 2012.
- Rollins, B.** (2011). Restrictive Feeding Practices and Children's Eating Behaviors Pilot Study. SBES-AGEP Program, Pennsylvania State University. Funded for \$1100 April 2011 to September 2011.
- Rollins, B.** (2009). Relationship between delay discounting, food reinforcement and eating in adults. National Science Foundation SEBS-AGEP Program, Pennsylvania State University. Funded for \$350 May 2009 to August 2009.

PROFESSIONAL AFFILIATIONS

Society for the Study of Ingestive Behavior
The Obesity Society

PROFESSIONAL SERVICE

- 2011-2012 Supervised undergraduate honors thesis
Schreyer Honors College, The Pennsylvania State University
Student: Shannon O'Malley
Thesis: *Restricting access to palatable snack foods: Parents' and children's perspectives of restrictive feeding practices in the home*
- 2009-pres. Reviewer:
Appetite
Obesity
Journal of the Academy of Nutrition and Dietetics

