

MELISSA J. VILARO

EDUCATION AND TRAINING

BA / 2005	Tufts University, Medford, MA, Psychology & Community Health
2003	Tufts University Study Abroad, Universidad de Alcala, Alcala de Henares, Spain
2006 - 2007	New York University, New York, NY Earned 26 credits towards a MPH degree in Public Health Nutrition and Graduate Didactic Program in Dietetics
MPH / 2008	University of Florida, Gainesville, FL, Social and Behavioral Sciences
PhD / 2014	University of Florida, Gainesville, FL, Public Health, Social and Behavioral Sciences, Dissertation: Social, Spatial, and Identity-driven Determinants of Diet among Southern Rural Women, Advisor: Tracey Barnett

PROFESSIONAL EXPERIENCE

Postdoctoral Associate (August 2018 - Present)

College of Journalism and Communications, University of Florida, Gainesville, FL
STEM Translational Communication Center / UF Health Cancer Center

Postdoctoral Associate (June 2014- July 2018)

Food Science and Human Nutrition Department, University of Florida, Gainesville, FL

- Developed and validated the Food Choice Priorities Survey (FCPS) assessing driving factors for food decisions among young adults.
- Developed a web-based, experimental manipulation of acute food ad exposure to determine if a student-created, social-marketing campaign counteracts impact of food and beverage advertisements among adolescents.

Study Coordinator, Get Fruved (June 2014- July 2018)

Food Science and Human Nutrition Department, University of Florida, Gainesville, FL

- Get Fruved: A peer-led, train-the-trainer social marketing intervention to increase fruit and vegetable intake and prevent childhood obesity.
- NIFA, USDA-funded, award #2014-67001-21851
- Prepared IRB protocols, budgets, and manuscripts. Supervised, mentored, and trained student researchers. Recruited and managed 900+ participants and community partners. Organized implementation of 26-week intervention.
- Led multistate team of researchers on personally initiated subprojects.

Graduate / Research Assistant

Dean's Office, College of Public Health and Health Professions, University of Florida (2007-2010)

- Facilitated the Council on Education for Public Health (CEPH) accreditation self-study

Research Assistant

Communicative Disorders, College of Public Health and Health Professions, UF (2007-2008)
Counseling and Mental Health Services, New York University, New York, NY (2006-2007)

Nutritional Epidemiology, Diet and Disease Lab, University Puerto Rico, San Juan, PR (2005-2006)
Shape Up Somerville, Tufts University, Somerville, MA (Summer 2005)

Research Internship (Summer 2004)

AIDS Action Committee, Nutrition Works Program, Boston, MA

- Created and taught nutrition education workshops for HIV positive clients in English/Spanish
- Assisted with biweekly food pantry in collaboration with the American Red Cross
- Created intern training protocol for food pantry responsibilities and new client intakes
- Created a user-friendly resource of HIV-friendly meal programs in the Boston area
- Facilitated communication with Spanish-speaking clients and translated program materials

RESEARCH GRANT PARTICIPATION

Research Support

National Institutes of Health (NIH), National Cancer Institute (NCI), 2019 - Jan. 2022

Research Supplement to Promote Diversity in Health-Related Research (PA-18-906)

“Reporting Nutrition Risk Factors via Virtual Humans for Colorectal Cancer Prevention”

Supplement for primary mentor grant R01CA207689-02

Role: principal investigator, (primary mentor: Janice Krieger; co-mentor: Ben Lok), amount: \$200,000

Award #UL1TR001427, 2020-2022

UF Clinical and Translational Science Institute award, which is supported in part by the NIH National Center for Advancing Translational Sciences

Project Title: “A sociolinguistic-enabled web application to precision health intervention for African Americans”

Role: trainee, (principal investigators: Kevin Tang and Janice Krieger), amount: \$1,220.00

Completed Research Support

Award #UL1TR000064

Translational Communication Research Pilot Project Award, STCC/CTSI, University of Florida 2018-

2019: “Understanding and Addressing Barriers to Regularly Accessing a University Campus Food

Pantry” Role: co-investigator, (principal investigator: Anne Mathews), amount \$10,000

Grant #2014-67001-21851

National Institute of Food and Agriculture, USDA

2014-2019: “Get Fruved:” A peer-led, train-the-trainer, social-marketing intervention to increase fruit and vegetable intake and prevent childhood obesity.

Role: Study Coordinator and Interventionist; (principal investigator: Sarah Colby), amount \$4,887,083

Award #UL1TR001427

National Center for Advancing Translational Sciences of the National Institutes of Health (CTSI)

2017: “Cognitive Interviewing to Refine Survey and Intervention Materials for a Health Promotion Study”

Role: principal investigator; amount \$1,700

University of Florida, College of Public Health and Health Professions, Behavioral Science and Community Health: Dissertation support

2012-2014: “Social, Spatial, and Identity-driven Determinants of Diet among Southern Rural Women”

Role: principal investigator; amount \$600

University of Florida, Food Science and Human Nutrition Department: Study support.

2014: Qualitative study, “Determinants of food choice and physical activity among college students”

Role: Principal Investigator; amount \$370

INVITED LECTURES / WEBINARS / COMMUNITY PRESENTATIONS

Bridging the gap in colorectal cancer screenings among minority groups. Presented at *Our Community Our Health*, in collaboration with UF HealthStreet, UF STCC, UF Health Cancer Center, UF CTSI, March 25th, 2021. Role: Moderator/Panelist.

Is the future of prevention virtual? Development of a virtual human intervention to reduce colorectal cancer health inequities. Presented at Northeast Florida Colorectal Cancer Stakeholders Meeting, American Cancer Society. November 14, 2019. Nova Southeastern University – Jacksonville, FL.

Increasing reach and impact of research: Strategies for knowledge translation and engaging stakeholders. Presented to University of Florida Center for Advancing Minority Research and Aging Science Scholars. January 18, 2019. Clinical Translational Research Building, University of Florida, Gainesville, FL.

Communicating nutrition risk factors for cancer prevention: proposed project to modify an existing colorectal cancer screening intervention using virtual human technology. Presented to the Cancer Community Advisory Board, September 24, 2018. Cancer and Genetics Research Complex, University of Florida, Gainesville, FL.

Get Fruved Webinar. Promoting Healthy Dietary Behavior. Fruved Randomized Control Trial Webinar Series for Partner Schools, Live Online, Fall 2017

FYC6934: Practicum in Nutrition Education and Wellness. Introduction to Theories for Behavior Change in Nutrition Education. University of Florida, Department of Family Youth and Community Sciences, Fall 2016, Fall 2017

PHC2003: Introduction to Public Health: Public Health and You. What Kills You Later (part 2), Poor Nutrition & Lack of Exercise. University of Florida, Department of Behavioral Science & Community Health, Fall 2013 (Creation of online module)

PHC6405: Theoretical Foundations of Public Health. Ecological Approaches. University of Florida, Department of Behavioral Science & Community Health, Summer 2012; Summer 2013; Summer 2014.

PUBLICATIONS

Published Peer Reviewed Journal Articles

1. **Vilaro MJ**, Wilson-Howard DS, Neil, JM, Tavassoli F, Zalake MS, Lok BC, Modave FP, George TJ, Odedina FT, Carek PJ, Mys A, Krieger JL. (2021). A Subjective Culture Approach to Cancer Prevention: Rural Black and White Adults' Perceptions of using Virtual Health Assistants to Promote Colorectal Cancer Screening. *Health Communication*, doi.org/10.1080/10410236.2021.1910166
2. Krieger, J. L., **Vilaro, MJ**, Chavez S, Neil, J. M., Lok, B. Zalake, M., Tavassoli, F., Laber, E., Davidian, M., Duke, K, Wilson-Howard, D., George, T., Modave, F., Odedina, F., (in press). A pilot study examining the efficacy of delivering colorectal cancer screening messages via virtual health assistants. *American Journal of Preventive Medicine*.
3. **Vilaro MJ**, Wilson D, Griffin L, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger J. (2020) Tailoring virtual human-delivered interventions: A digital intervention promoting colorectal cancer screening for Black women. *Psycho-oncology*; <https://doi.org/10.1002/pon.5538>

4. Gutter MS, O'Neal L, Riportella R, Sugarwala L, Mathias J, **Vilaro MJ**, Paige S, Szurek S, Navarro G, Baralt C, Rhyne R. (2020) "Promoting Community Health Collaboration between CTSA Programs and Cooperative Extension to Advance Rural Health Equity: Insights from a National Un-Meeting. In press *Journal of Clinical and Translational Science*; <https://doi.org/10.1017/cts.2020.13>
5. El Zein A, Shelnutt K, **Vilaro MJ**, Colby S, Zhou W, Olfert M, Green G, Olfert M, Riggsbee, K, Morel J, Mathews A. (2019) Prevalence and Correlates of Food Insecurity among U.S. College Students: A Multi-Institutional Study. *BMC Public Health*, 19:660 doi:10.1186/s12889-019-6943-6
6. Christianson J, Kattelman K, Riggsbee K, Moret L, **Vilaro MJ**, Olfert MD, Mathews AE, Barr M, Colby SE. (2019) Promoting Wellness on College Campuses: Identifying and Addressing the Wellness Needs of College Students. *Topics in Clinical Nutrition*, 34(2), 125-137; doi:10.1097/TIN.0000000000000169
7. Riggsbee K, Riggsbee J, **Vilaro MJ**, Moret L, Spence M, Anderson-Steeves E, Zhou W, Olfert MD, Franzen-Castle, Horacek T, Colby SE. (2019) More than Fast Food: Development of a Story Map to Compare Adolescent Perceptions and Observations of their Food Environments and Related Food Behaviors. *International Journal of Environmental Research and Public Health*, 16 (1), 76; <https://doi.org/10.3390/ijerph16010076>
8. Barr ML, Colby SE, Riggsbee K, Leischner K, Mathews AE, **Vilaro MJ**, Kattelman KK, Olfert MD. (2018) Health Behaviors of Student Community Partners after Designing and Implementing a Healthy Lifestyle Intervention on College Campuses. *Behavioral Sciences*, 8(11), 99; <https://doi.org/10.3390/bs8110099>
9. **Vilaro MJ**, Colby, SE, Riggsbee K., Zhou W, Byrd-Bredbenner C, Olfert, MD, Barnett TE, Horacek T, Sowers M, Mathews AE. (sept. 2018) Food Choice Priorities Change Over Time and Predict Dietary Intake at the End of the First Year of College among Students in the U.S. *Nutrients*, 10 (9), 1296; <https://doi.org/10.3390/nu10091296>
10. Olfert MD, Barr ML, Riggsbee K, Kattelman KK, Leischner K, Mathew, AE, **Vilaro MJ**, & Colby SE. (sept 19, 2018) A Community Based Participatory Approach to Training Young Adults to Design and Implement a Social Marketing Framed Lifestyle Intervention on their College Campus. *Education Sciences*, 8(3), 150; doi:10.3390/educsci8030150
11. **Vilaro MJ**, Zhou W, Colby, SE, Riggsbee K, Byrd-Bredbenner C, Barnett, T, Olfert, M, Mathews AE. (2017) Development and Preliminary Testing of the Food Choice Priorities Survey (FCPS): Assessing the importance of multiple factors on college students' food choices. *Evaluation & the Health Professions*, 40(4), 425-449. <https://doi.org/10.1177/0163278717735872>
12. Loso J, Staub DJ, Colby S, Olfert M, Kattelman K, **Vilaro MJ**, Colee J, Zhou W, Franzen-Castle L, Mathews AE. (2017) Gardening Experience is associated with Increased Fruit and Vegetable Intake among First Year College Students: A Cross-Sectional Analysis. *Journal of the Academy of Nutrition and Dietetics*, 118(2), 275-283. <https://doi.org/10.1016/j.jand.2017.09.005>
13. **Vilaro MJ**, Barnett TE, Watson, AM, Merten, JW, Mathews, AE. (2017) Weekday and weekend food advertising exposure varies on children's television in the USA but persuasive techniques and unhealthy items still dominate, *Public Health*, 142, 22-30. <https://doi.org/10.1016/j.puhe.2016.10.011>
14. **Vilaro MJ**, Barnett TE, Mathews AE, Pomeranz J & Curbow BA. (2016) Income differences in social control of eating behaviors and food choice priorities among southern rural women in the US:

A qualitative study, *Appetite*, 107, 604-612. <https://doi.org/10.1016/j.appet.2016.09.003>

15. **Vilaro MJ**, Staub DJ, Xu C, Mathews AE. (2016) Theory based interventions for long-term adherence to improvements in diet quality: An in-depth review. *American Journal of Lifestyle Medicine*, 10(6). <https://doi.org/10.1177/1559827616661690>
16. Merten JW, King JL, **Vilaro MJ**, Largo-Wight, E. (2016) Lifestyle factors associated with sunscreen use among young adults. *American J. of Lifestyle Medicine*. <https://doi.org/10.1177/1559827616661472>
17. Merten JW, King JL, Walsh-Childers K, **Vilaro MJ**, Pomeranz JL. (2015) Skin cancer risk and other health risk behaviors: A scoping review. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/1559827615594350>
18. **Vilaro MJ** & Barnett TE. (2013) The Rural Food Environment: A Survey of Price, Availability, and Quality in a Rural Florida Community. *Food & Public Health*, 3(3), 111-118. doi:10.5923/j.fph.20130303.01
19. Lieberman LS, Lugo NS, Peoples-Sheps M, **Vilaro MJ**, Fox CE. (2011) Florida Public Health Association 2009 Survey of Academic Public Health Programs in Florida. *Florida Public Health Review*, 8, 68-79.

RESEARCH PRESENTATIONS AT PROFESSIONAL CONFERENCES / PEER REVIEWED

Oral Presentations

Vilaro MJ, Wilson-Howard D, Lok BC, Zalake MS, Tavassoli F, George TJ, Carek P, Odedina F, Krieger JL. Key Changes to Improve Social Presence of Virtual Health Assistant Communication of Colorectal Cancer Prevention. Accepted to the virtual 71st Annual ICA Conference, *Engaging the Essential Work of Care: Communication, Connectedness, and Social Justice*, to be held on 27-31 May 2021.

Vilaro MJ, Mathews AE, Curbow BA, Pomeranz J, Barnett TE (2017) "I'm just a junky-food eater": The role of identity on diet-related behaviors among southern rural women in the US. Presented at the American Public Health Association Annual Meeting & Expo, Atlanta, GA.

Vilaro MJ. Food Choice Priorities Predict Fruit and Vegetable Intake among College Freshmen enrolled in the Get Fruved study (2017) Postdoc Research Symposium, University of Florida, Gainesville, FL. *Second Place and \$100 award, Top 6 abstracts presented to panel of judges.*

Colby S, Glover J, Riggsbee K, Barr M, **Vilaro MJ**, Creager K. (2015) Get Fruved! Building an Innovative Intervention Using Student's Creativity and Passion. Presented at Society for Nutrition Education and Behavior Conference, Pittsburgh, PA.

Vilaro MJ, Barnett TE, Curbow BA, Pomeranz J, Mathews AE. (2014) Income Differences in Food Choice and Social Control of Eating Behaviors among Southern Rural Women. Presented at the 142nd American Public Health Association Conference, New Orleans, LA.

Vilaro MJ, Barnett TE, Corona, A. (2013) Evaluating Television Food Advertisements during Peak Children's Viewing Hours. Presented at the 141st American Public Health Association Conference, Boston, MA.

Published Abstracts / Poster Presentations

Vilaro MJ, Wilson D, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger J. Rural Adults Reactions to Colorectal Cancer Risk and Screening Information delivered by Race and Gender Concordant Virtual Health Assistants. Presented via twitter conference at American Society of Preventive Oncology (ASPO) Conference. Tucson, AZ, March 22-24, 2020.

Wilson D, **Vilaro MJ**, Griffin L, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger J. Impact of Prostate Cancer Screening on Colorectal Cancer Screening Behavior Intentions: Qualitative Results from Interacting with a Virtual Healthcare Assistant (VHA). Presented via twitter conference at American Society of Preventive Oncology (ASPO) Conference. Tucson, AZ, March 22-24, 2020.

Vilaro MJ, Wilson D, Griffin L, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger J. Content considerations for virtual human technology eHealth interventions delivering health and nutrition messages. Presented virtually at Society of Behavioral Medicine, 41st Annual Meeting and Scientific Sessions. San Francisco, CA, April 1-4, 2020

Auguste K, **Vilaro MJ**. This tea is for me: consumer motivations behind supplement use. Presented at the American Public Health Association Annual Meeting & Expo, Philadelphia, PA. Nov. 3rd, 2019

Wilson-Howard D, **Vilaro MJ**, Griffin L, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger J. Community engagement in the development of an mHealth app utilizing a black male virtual health assistant to promote colon cancer screening: An iterative study of credibility and likeability. Presented at the 12th Annual American Association for Cancer Research Special Conference, San Francisco, CA. Sept. 20-23, 2019.

*Alvarez, D, **Vilaro MJ**, Shelnut K, Colby S, Mathews A. Food Insecure Students Identify Price as the Most Important Determinant of their Food Choices. Accepted for poster presentation at Society for Nutrition Education and Behavior, 52nd Annual Conference, Orlando, FL. July 27-30, 2019.

**Mentored student*

Vilaro MJ, Griffin L, Tavassoli F, Zalake M, Lok B, Modave F, Carek P, George T, Krieger JL. Source credibility of a virtual health assistant communicating colorectal cancer screening messages among black women. Presented at the 2019 DC Health Communication Conference, Fairfax, VA. April, 2019.

Paige, SR., Flood-Grady, E, **Vilaro, MJ**, & Krieger, J. L. (2019, April). eHealth literacy and preferred sources for treatment information seeking: A rural-urban audience segmentation approach. Accepted for poster presentation at the 2019 DC Health Communication Conference, Fairfax, VA.

El Zein A, Shelnut K, Colby S, **Vilaro MJ**, Greene G, Zhou W, Olfert M, Mathews A. Food Insecurity is Associated with Increased Stress Over Two Academic Years Among College Students. Presented at The Obesity Society and ASMBS annual meeting, Obesity Week, Nashville, TN. November 11-15, 2018.

Riggsbee K, Moret L, **Vilaro MJ**, Spence M, Anderson Steeves E, Olfert MD, Wiggins S, Colby S. Utilizing Story-Mapping to Better Understand and Explore Adolescent Food Environments. Presented at the American Public Health Association Annual Meeting & Expo, San Diego, CA. Nov. 10-14, 2018

Staub DJ, Colby SE, Olfert MD, Kattelman K, Zhou W, **Vilaro MJ**, Shelnutt K, Mathews A. Skin Carotenoid Status as a Biomarker of Health and Disease Risk Among Adolescents. Presented at the Food & Nutrition Conference & Expo (FNCE), Journal of the Academy of Nutrition and Dietetics, 118(10), <https://doi.org/10.1016/j.jand.2018.08.056>.

Christianson J, Kattelman K, Moret L, Riggsbee K, **Vilaro MJ**, Olfert M, Mathews A, Barr M, Colby S. College Campus Wellness Programs: Identifying and Addressing the Health Needs of College Students. Presented at the Food & Nutrition Conference & Expo (FNCE), Journal of the Academy of Nutrition and Dietetics, 50(7), <https://doi.org/10.1016/j.jneb.2018.04.146>

Almudaihim A, Mathews AE, **Vilaro MJ**, Colby, S, Shelnutt K. Reliability of the self-report home food inventory and the food preparation supplies checklist in college students. Presented at the Food & Nutrition Conference & Expo (FNCE), Journal of the Academy of Nutrition and Dietetics, 50(7), <https://doi.org/10.1016/j.jneb.2018.04.130>

Riggsbee K, Moret L, **Vilaro MJ**, Spence M, Anderson Steeves E, Olfert MD, Wiggins S, Colby S. "I eat whatever I see before I run out the door": A Qualitative Study to Understand Adolescent Food Environments and Food Choices. Presented at the American Society for Nutrition meeting, Boston, MA. June 9-12, 2018.

Vilaro MJ, Mathews AE, Byrd-Bredbenner C, Barnett TE, Zhou W, Riggsbee K, Olfert M, Horacek T, Sowers M, Colby SE. Food choice priorities predict fruit and vegetable intake among college freshmen enrolled in the Get Fruved study. Presented at the American Public Health Association Annual Meeting & Expo, Atlanta, GA. November 4-8, 2017.

Vilaro MJ, Mathews AE, Curbow BA, Pomeranz J, Barnett TE. A qualitative look at how southern US women define and navigate a rural food environment: Strategies and solutions. Presented at the American Public Health Association Annual Meeting & Expo, Atlanta, GA. November 4-8, 2017.

*Gordon S, Amudaihim A, Shelnutt K, **Vilaro MJ**, Colby S, Mathews AE. The Impact of Family Structure on Perceived Social Support for Health Behaviors and Weight of Incoming College Freshmen. To be presented at Food & Nutrition Conference & Expo (FNCE), Chicago, IL. October 21-24, 2017. **Mentored student*

*Staub DJ, Loso J, Colby S, Zhou W, Colee J, Olfert M, Kattelman K, **Vilaro MJ**, Franzen-Castle L, Mathews AE. *A Retrospective Study of Gardening Experience and Fruit and Vegetable Consumption at the End of the First Year of College*. To be presented at Food & Nutrition Conference & Expo (FNCE), Chicago, IL. October 21-24, 2017. *Recognized as an Outstanding Abstract at FNCE 2017. *Mentored student*

Almudaihim A, Mathews AE, **Vilaro M**, Gordon S, Shelnutt K. Associations between variables of the home food environment and fruit and vegetable intake in college students. Presented at Society for Nutrition Education and Behavior, 50th Annual Conference, Washington, DC. July 20-24, 2017

*Mckee S, Engel M, Gordon S, **Vilaro MJ**, Mathews AE. Peer Mentorship: An evaluation of one component of the Get Fruved Health Intervention study. Presented at University of Florida, College of Public Health and Health Professions, Public Health Day. April 7, 2017, **Mentored student*

Vilaro MJ, Riggsbee K, Zhou W, Colby SE, Byrd-Bredbenner C, Olfert MD, Barnett, T, Kidd T, Mathews AE. Development and Testing of the Food Choice Priorities Survey for College Students. Food & Nutrition Conference & Expo (FNCE), Boston, MA. October 15-18, 2016

*El zein A, Mathews AE, Colby S, Byrd-Bredbenner C, Riggsbee K, Zhou W, Olfert M, Barnett T, Hansen A, Brown O, Kidd T, Horacek T, Violette G, ****Vilaro MJ**. Food Choice Priorities of College Freshmen and Variation by Demographic Characteristics: Get Fruved Study. Food & Nutrition Conference & Expo (FNCE), Boston, MA. October 15-18, 2016, **Mentored student, **Presenting author*

Loso J, Staub DJ, Colby S, Zhou W, Olfert M, Kattelman K, **Vilaro MJ**, Brown O, Kidd T, Horacek T, White A, Franzen-Castle L, Mathews A. Childhood and Current Gardening is Associated with Increased Fruit and Vegetable Intake among College-aged Students Participating in the Get Fruved Study. Food & Nutrition Conference & Expo (FNCE), Boston, MA. October 15-18, 2016

Sowers M, Yan W, Zhou W, Olfert M, Mathews AE, **Vilaro MJ**, Kattelman K, Leischner K, Brown O, Horacek T, White A, Williams J. A Comparison of Peer Mentors' and Mentees' Health Behaviors: Get Fruved. Society for Nutrition Education and Behavior (SNEB), 49th Annual Conference, San Diego, CA. July 30-August 2, 2016

Barr ML, Olfert MD, Zhou W, Riggsbee K, Mathews AE, **Vilaro MJ**, Kattelman KK, Leischner K, Crouter S, Morrell JS, Thompson D, White A, Horacek T, Kidd T, Brown O, Colby SE. Fruit and Vegetable Consumption and Physical Activity in Young Adults: Get Fruved Study. Experimental Biology (EB), American Society of Nutrition (ASN), San Diego, CA. April 2-6, 2016

Colby SE, Zhou W, Yan W, Dahlman S, Olfert MD, Barr M, Kattelman KK, Leischner K, Mathews AE, Shelnutt K, **Vilaro MJ**, Brown O, Kidd T, Horacek T, White A. Peer Mentoring to Prevent Obesity in First Year College Students: Get Fruved. Experimental Biology, American Society of Nutrition, San Diego, CA. April 2-6, 2016

Barr ML, Olfert MD, Zhou W, Riggsbee K, Mathews AE, **Vilaro MJ**, Kattelman KK, Hanson A, White A, Horacek T, Kidd T, Brown O, Colby SE. Recruitment Strategies Implemented Across a Four-State Lifestyle Intervention: Get Fruved Study. Experimental Biology (EB), American Society of Nutrition (ASN), San Diego, CA. April 2-6, 2016

Olfert MD, Barr ML, Zhou W, Riggsbee K, Mathews AE, **Vilaro MJ**, Kattelman K, Hanson A, Spurgeon S, Morrell JS, Franzen-Castle L, Byrd-Bredbenner C, White A, Horacek T, Kidd T, Brown O, Colby SE. Sleep and Stress Level of College Students Developing a Health Promotion Intervention: Get Fruved Study. Experimental Biology (EB), American Society of Nutrition (ASN), San Diego, CA. April 2-6, 2016

Castaneda G, Barnett TE, **Vilaro MJ**, Karabetian C, Anton SD. Combined Smoking Cessation and Weight-Control Interventions. The Alcohol, Tobacco, and Other Drugs program. Presented at the 143rd APHA Annual Meeting and Exposition, Chicago, IL. October 31-November 4th, 2015

*Barnes D, **Vilaro MJ**, Curbow BA, Kane AS. Development of Assessment Tools to Discern Effect of the Gulf Oil Spill on Perception of Seafood Safety. Presented at the Public Health Research Day, University of FL, Gainesville, FL., 2012. **Mentored student*

Vilaro MJ, Barnett TE. Rural Food Environment Study: A Survey of Price, Availability, and Quality of Healthy Food Items by Store Type. Presented at the University of Florida Conference of the Social Sciences, Gainesville, FL, 2010

TEACHING EXPERIENCE

Online Instructor Food Science and Human Nutrition Department, University of Florida
 HUN4936: Wellness for Life, Spring 2017; HUN4911: Wellness for Life for Peer Mentors, Spring 2017;
 HUN4911: Peer Mentoring for Health – Get Fruved, Fall 2016; HUN4911: Research – Get Fruved,
 Hybrid online/in-person, Spring 2016

Co-Instructor Food Science and Human Nutrition Department, University of Florida
 HUN4936: Preventative Health Experience/Research in Nutrition and Health Promotion, Fall 2016

Co-Instructor College of Public Health and Health Professions, University of Florida
 HSC3057: Research Methods, University of Florida, Spring 2012 and Spring 2013

Instructor College of Public Health and Health Professions, University of Florida
 PHC6410: Psychological, Behavioral, and Social Issues in Public Health, Spring 2012

Teaching Assistant College of Public Health and Health Professions, University of Florida
 PHC6410: Psychological, Behavioral, and Social Issues in Public Health, Fall; 2009, 2011, 2012
 PHC 6937: Designing Public Health Information for Diverse Populations: Theory and Methods, 2009

PROFESSIONAL MEMBERSHIPS

American Public Health Association (APHA), 2008- Present
 Society for Nutrition Education and Behavior (SNEB), 2015- 2018
 American Society Preventive Oncology (ASPO), 2018-2020
 Society of Behavioral Medicine (SBM), 2018-2020

ACADEMIC HONORS & SCHOLARSHIPS

Recipient of GMaP Region 2 travel award to present at the Society of Behavioral Medicine (SBM)
 Annual Meeting and Scientific Sessions, previously scheduled for April 1 – 4, 2020 in San Francisco
 (virtual conf.) Amt: \$2,000

2nd place oral presentation (\$100), UF Postdoc Research Symposium, *April 14, 2017*

Finalist (top 6 abstract submissions) by the University of Florida, Postdoctoral Affairs advisory
 Committee for judged oral presentation, *April 14, 2017*

Passed PhD qualifying exam with distinction, *Jan. 2012*

Gates Millennium Scholar, Funded by the Bill and Melinda Gates Foundation, 2001-2007

Marshall G. Jones Scholarship Recipient, 2002

Dean's List, Tufts University, 2001-2005

Double Major Honors, Cum Laude, Tufts University, 2005

PROFESSIONAL DEVELOPMENT & LEADERSHIP TRAINING

NIH National Research Mentoring Network Grant Preparation Study–Participant (Jan. 2019-May 2020)

- Participated as a trainee in the University of Utah Grant Writing Coaching Groups Study: supported by NIH grant 1U01GM132366 administered by NIGMS. Included bi-monthly 2 hours meetings with coaching group to facilitate progress on K01 application. Participated as reviewee in a Mock Review and received critique of K01 draft (Feb. 2020 - May 2020).

UF CAMPAS- Research Educational Series (May, 2019-April, 2020)

Building Future Faculty Program (BFF) at NC State (March 14-16, 2018)

Strengthening Causal Inference in Behavioral Obesity Research, Third Short Course

- NIH R25HL124208
- Nine course modules delivered at the University of Alabama, July 24-28, 2017
- Travel award recipient (\$1,250)

K-College (Sept.-Nov. 2016)

- CTSI Translational Workforce Development Program, University of Florida, Gainesville FL
- Monthly seminars to promote career development NIH award applications (K-series)

National Research Mentoring Network Mentee (June 2016- present)

- Evidence-based mentorship and professional development program to enhance the diversity of the NIH-funded research workforce

Teachers College (Oct. 2015- Dec. 2015)

- College of Agricultural and Life Sciences, University of Florida, Gainesville FL
- 20-hour program to enhance teaching skills

PROFESSIONAL CERTIFICATIONS / TRAININGS

- Certified in Public Health (CPH), *2010- Present*
- Certified Nutrition Environment Measures Survey (NEMS) Rater, *2010- Present*

SERVICE ACTIVITIES

Ad-hoc reviewer

Appetite; Journal of Health Communication; Health Education and Behavior; Journal of Hunger and Environmental Nutrition; Eating Behaviors; International Journal of Environmental Research and Public Health; Nutrients; Journal of Obesity, BMC Public Health

International Service

International peer review for The Health Research Board (HRB), Investigator Led Projects grant application-*Ireland (Fall 2018)*

National Service

Session Moderator (Nov. 2017)
American Public Health Association, 2017 Annual Conference

Planning Committee (June 2016- Present)
Food and Nutrition Section Program Committee, American Public Health Association

Abstract/paper reviewer

Food and Nutrition Section, American Public Health Association, 2016 Annual Conference

Food and Nutrition Section, American Public Health Association, 2017 Annual Conference
Society of Nutrition Education & Behaviors, 2017 Annual Conference
International Communication Association Annual Conference (2021)

Department Service

Undergraduate Student Honors program, University of Florida (2020-present)
Honors thesis co-mentor, Aubrey Mys

Undergraduate Student Honors program, University of Florida (2016-2017)
Honors Thesis Mentor, Aubrie Zuiderveen

Common Reader Book Selection Committee (Fall 2011)
MPH Program, College of Public Health and Health Professions, University of Florida

PhD Program Organizational Committee (Fall 2010)
College of Public Health and Health Professions, University of Florida

Volunteer Work & Public Health Practice

Mentor

Gates Millennium Scholars Mentoring Program (Dec. 2015- 2020),

Volunteer

Tobacco Day of Learning, Area Health Education Centers and University of Florida (May 2012)

- Facilitated pilot tests of tobacco education curriculum among local 8th graders

Session Moderator

Alachua County Local Public Health System Performance Assessment, funded by NACCHO (National Association of County and City Health Officials), Gainesville FL, (Sept. 2011)

- Facilitated session for a comprehensive community assessment to identify key issues for a Community Health Improvement Plan

Our Community Our Health, Session Moderator (March, 2021)

Volunteer (Fall 2007)

Alachua County Health Department, Employee Workplace Wellness Program

- Developed and presented nutrition and portion-size workshops for county employees
- Facilitated wellness activities for county employees