

# Virginia Quick, PhD, RD

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## ➤ ACADEMIC EMPLOYMENT

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- 9/17-Present Rutgers University, School of Environmental and Biological Sciences,  
Department of Nutritional Sciences  
*Interim Director of the Didactic Program in Dietetics, Assistant Teaching  
Professor, Non-tenure track*
- 10/16-8/17 Rutgers University, School of Environmental and Biological Sciences,  
Department of Landscape Architecture & Department of Nutritional Sciences  
*Assistant Research Professor, Non-tenure track*
- 9/15-9/16 Rutgers University, School of Environmental and Biological Sciences,  
Department of Nutritional Sciences  
*Lecturer and Researcher, Non-tenure track*
- 8/14-7/15 James Madison University, College of Health and Behavioral Studies,  
Department of Health Sciences  
*Assistant Professor, Tenure track*
- 8/13-8/15 Rutgers University, School of Environmental and Biological Sciences,  
Department of Nutritional Sciences  
*Research Associate (Part-time)*

## ➤ EDUCATION

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- 9/12-7/14 *Eunice Kennedy Shriver* National Institute of Child Health & Human  
Development (NICHD)/National Institutes of Health (NIH)  
*Postdoctoral Fellow, Health Behavior Branch*  
Funded under the Intramural Research Training Award  
Mentor: Tonja Nansel, PhD
- 9/11-8/12 University of Minnesota, School of Public Health  
*Postdoctoral Fellow*  
Funded under the Interdisciplinary Research Training in Child and Adolescent  
Primary Care Fellowship Training Program  
Mentor: Dianne Neumark-Sztainer, PhD, MPH, RD
- 9/06-5/11 Rutgers University, Graduate School of New Brunswick  
*Graduate Teaching and Research Assistant, Nutritional Sciences, Ph.D.*  
Dissertation Title: Characteristics and Disturbed/Disordered Eating Behaviors of  
Young Adults with and without Diet-Related Chronic Health Conditions  
Committee Chair: Carol Byrd-Bredbenner, PhD, RD, FAND
- 8/05-5/06 College of Saint Elizabeth, Graduate School  
*Dietetic Intern, RD*  
Dietetic Internship Director: Monica Luby, MS, RD

9/01-5/05 Rutgers University, Cook College  
*Undergraduate Research Assistant, Nutritional Sciences, B.S.*  
 George H. Cook Scholar Thesis: “Impact of the RU Healthy Dining Team on Student’s Nutrition Knowledge, Attitudes, and Behaviors”

## ➤ RESEARCH EXPERIENCE

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- 10/16-Present Assistant Research Professor
- Lead investigator for developing an accredited MS/DI program
  - Program Manager for International project: Greek Food Insecurity/Emergency Food Systems
  - Take lead in communications with international collaborators and organization of meetings and workshops.
  - Assist with writing a final report with key recommendations for improving food security in Greece
- 9/15-9/16 Research Associate, Rutgers University
- Data management and analysis of an 18 month, randomized controlled trial study conducted with parents of preschool-aged children (760 dyad families); community nutrition intervention is focused on healthier eating and physical activity environments in the home that aids to reduce obesity-risk and promote weight management.
  - Develop procedures for data collection and analysis, and prepare research reports on data analysis findings bi-weekly for research team.
  - Regularly meet with research team in sharing and collaborating on research ideas for writing peer-reviewed papers.
  - Mentoring three graduate students in data set management and analysis.
- 9/12-8/14 Postdoctoral Fellow, National Institutes of Health (NICHD), Division of Intramural Population Health Research, Health Behavior Branch
- Conceptualized, analyzed, and prepared manuscripts using large data sets of cross-sectional and longitudinal data focusing on eating behaviors, body image and disordered eating in youth with type 1 diabetes (i.e., Cultivating Healthy Eating in Families with type 1 diabetes [CHEF, behavioral intervention study]; Health Behavior for School-aged Children survey [HBSC, international study]).
  - Mentored two NIH post-baccalaureates
- 9/11-8/12 Postdoctoral Fellow, University of Minnesota
- Conceptualized, analyzed, and prepared manuscripts from Project EAT (Eating and Activity in Teens and Young Adults) data set; close collaboration with research team to conceptualize new research questions and analytical approaches; research focus on body image, self-weighing behaviors, and disordered eating among adolescents and young adults.
  - Participated in weekly interdisciplinary Leadership, Education, and Adolescent Health (LEAH) seminars and trainings.

- 1/09-8/14 Research Assistant, Rutgers University
- Assisted with research project conceptualization, implementation, and data analysis; supervised and trained a staff of 9 undergraduate students to recruit study participants, adhere to human subjects study protocol, collect data anthropometric, biochemical, and environmental data with fidelity. Rutgers University campus coordinator for USDA MultiState Project NC1028 (Healthy Campus Research Consortium) ensuring full collaboration and precise concordance of multi-center study protocol with the other 15 participating universities.
  - Research skill expertise developed: application of behavior change theory to nutrition interventions, qualitative data collection and analysis techniques (e.g., content analysis, focus groups, interviews), quantitative/clinical data collection and analysis (e.g., anthropometric and biochemical measurements, surveys), nutrition intervention (e.g., face-to-face, online) development, implementation, data analysis, and evaluation.
  - Research projects included food and media cognitions of children (ages 5 to 9yr), food safety behavior assessment and intervention for middle school children, campus environment assessment, obesity prevention intervention for older adolescents/young adults.

### ➤ **STATISTICAL AND RESEARCH SKILLS**

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- Proficiency with statistical software packages including SPSS and SAS
- Experience with complex multivariate statistical analyses, including:
  - Multiple and logistic regression
  - Generalized Linear Mixed Models
  - Analysis of Variance and Covariance
  - Factor Analysis
  - Analysis of categorical and ordinal data
- Research skill experience with cross-sectional and observational studies along with randomized controlled trial interventions include:
  - Design of experiments
  - Questionnaire construction and validation
  - Large database management
  - Data mining
  - Qualitative data analysis
  - Publication and presentation of results

### ➤ **SOFTWARE PROFICIENCY**

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SPSS Statistical Package

SAS Statistic Package

Microsoft Office (Excel, Word, Powerpoint)

Online survey tools: Survey Monkey, Qualtrics

## ➤ RESEARCH TRAINING MATERIALS DEVELOPED

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- Campus Health-Related Advertisement Data Collection Instruction Manual (Fall 2010-Spring 2011)
- Walkability and Bikeability Appraisal Training Presentation for Data Collection (Spring 2011)
- Healthy Campus Research Consortium: Walk-ability & Bike-ability Appraisal Training Materials (Summer 2011)

## ➤ PROFESSIONAL REGISTERED DIETITIAN EXPERIENCE

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- 9/10-5/11 Sports Nutritionist, Rutgers University Athletics
- Counseled student athletes on nutritional needs for optimal performance.
  - Closely worked with athletic trainers, coaches, and sports medicine physicians to address student athletes needs for nutritional guidance.
- 9/01-12/10 Nutrition Advocate Supervisor, Rutgers University Health Services
- Mentored and supervised undergraduate student volunteers (n~40) who created and implemented peer nutrition education programs and health fair events, and conducted dietary intake assessments on campus.
- 6/06-9/10 Clinical Registered Dietitian, Saint Peter's University Hospital, New Brunswick, NJ
- Part-time Outpatient Prenatal Nutritionist: Collaborated and communicated with physicians and other healthcare professionals to meet the medical and nutritional needs of patients.
- 6/07-8/07 Registered Dietitian, Camp NEJEDA (New Jersey Diabetes Association), Stillwater, NJ
- Taught around 200 campers with type 1 diabetes (8-16 years of age) using presentations and activities on carbohydrate counting, meal planning, and healthy eating.
  - Monitored camper dietary needs (e.g., food allergy restrictions, special dietary needs) and planned camp menu for the summer while overseeing the food service staff and collaborating with clinical staff.
- 7/06-8/06 Food Service Manager, The Boy's Club of NY- Camp Cromwell
- Supervised and instructed 8 kitchen staff with regard to meal preparation and sanitation.
  - Maintained food inventory and communicated with food vendors on a daily basis.
  - Developed production schedules and planned nutritionally balanced menus.
  - Nutrition education presentation on healthy eating given to around 300 campers ages 8 to 16 years of age and staff.
- 7/04-8/05 Farm Life Specialist, The Boy's Club of NY- Camp Cromwell
- Taught around 300 youth (ages 8-16 years) food and agricultural sciences.
  - Provided hands-on expeirences and herdsmanship on the farm.
  - Responsible for care of farm animals and lesson plans for youth.

## ➤ PUBLICATIONS: BOOKS AND BOOK CHAPTERS

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1. Byrd-Bredbenner, C., **Quick, V.** Changing Food Intake Patterns: Health Behavior Theories. In Colby S. (Ed.). *Food Behavior: Why We Eat What We Eat*. Dubuque, IA: Kendall/Hunt Publishing Co; 2010.
2. **Quick, V.**, Byrd-Bredbenner, C. Disordered eating and body image in cystic fibrosis. In Watson RR. (Ed.). *Diet, Food, Nutrition and Exercise in Cystic Fibrosis*. Elsevier, 2015.

## ➤ PUBLICATIONS: PEER-REVIEWED JOURNAL ARTICLES

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1. Martin-Biggers, J., **Quick, V.**, Zhang, M., Jin, Y., Byrd-Bredbenner, C. (Accepted 9/2017, In Press) Relationships of family conflict, cohesion, and chaos in the home environment on maternal and child food-related behaviors. *Maternal & Child Nutrition*
2. Byrd-Bredbenner, C, Wu, F., Spaccarotella, K., **Quick, V.**, Martin-Biggers, J., Zhang, Y. Systematic review of control groups in nutrition education intervention research. *International Journal of Behavioral Nutrition & Physical Activity*. 2017;14:91. doi: 10.1186/s12966-017-0546-3
3. **Quick, V.**, Martin-Biggers, J., Povich, GA., Hongu, N., Worobey, J., Byrd-Bredbenner, C. A socioecological examination of weight-related characteristics of the home environment and lifestyles of households with young children. *Nutrients*. 2017;9:604. doi:10.3390/nu9060604
4. **Quick, V.**, Golem, D., Povich, GA., Martin-Biggers, J., Worobey, J., Byrd-Bredbenner, C. (Accepted, In Press) Moms and Dads differ in their family food gatekeepers behaviors. *Topics in Clinical Nutrition*
5. Byrd-Bredbenner, C., Martin-Biggers, J., Koenings, M., **Quick, V.**, Hongu, N., Worobey, J. HomeStyles, A web-based childhood obesity prevention program for families with preschool children: Protocol for a randomized controlled trial. *JMIR Research Protocols*. 2017;6(4):e73.
6. Cheng, C., Martin-Biggers, J., **Quick, V.**, Spaccarotella, K., Byrd-Bredbenner, C. Validity and reliability of HOP-Up: A questionnaire to evaluate physical activity environments in homes with preschool-aged children. *International Journal of Behavioral Nutrition and Physical Activity*. 2016;13:91.
7. Eck, K., Alleman, G., **Quick, V.**, Martin-Biggers, J., Hongu, N., Byrd-Bredbenner, C. A childhood obesity online training certification program for community family educators. *Journal of Community Health*. 2016;41(6):1187-1195.
8. Barrios, P., Martin-Biggers, J., **Quick, V.**, Byrd-Bredbenner, C. Reliability and criterion validity of a self-measured waist, hip, and neck circumferences taken with a home-assembled measuring tape after viewing an online instructional video. *BMC Medical Research Methodology*. 2016;16:49.
9. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B., Greene, G.W., Horacek, T., Kidd, T. A streamlined, enhanced self-report physical activity measure for young adults. *International Journal of Health Promotion and Education*. 2016; 54(5):245-254.

10. Byrd-Bredbenner, C., **Quick, V.**, Koenings, M., Martin-Biggers, J., Kattelman, K., Relationships of cognitive load on eating and weight-related behaviors of young adults. *Eating Behaviors*. 2016;21:89-94.
11. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B., Greene, G.W., Horacek, T., Kidd, T. Relationships of sleep duration with weight-related behaviors of U.S. college students. *Behavioral Sleep Medicine*. 2015;1-16.
12. Yorkin, M., Spaccartella, K., Martin-Biggers, J., Lozada, C., Hongu, N., **Quick, V.**, Byrd-Bredbenner, C. A tool to improve accuracy of parental measurements of preschool child height. *Advances in Public Health*. 2015;2015.
13. **Quick, V.**, Shoff, S., Lohse, B., White, A., Horacek, T., Greene, G. Relationships of eating competence, sleep quality and behaviors, and overweight status among college students. *Eating Behaviors*. 2015;19:15-19.
14. Heller, B., Martin-Biggers, J., Berhaupt-Glickstein, A., **Quick, V.**, Byrd-Bredbenner, C. Fruit-related terms and images on food packages and advertisements affect children's perceptions of foods' fruit content. *Public Health Nutrition*. 2015;18(15):2722-2728.
15. Martin-Biggers, J., Koenings, M., **Quick, V.**, Abbot, J., Byrd-Bredbenner, C. Appraising nutrient availability of household food supplies using block dietary screeners for individuals. *European Journal of Clinical Nutrition*. 2015;69(9):1028-1034.
16. Loth, K., Wall, M., Chien-Wen, C., Bucchianeri, M., **Quick, V.**, Larson, N., Neumark-Sztainer, D. Family meals and disordered eating in adolescents: Are the benefits the same for everyone? *International Journal of Eating Disorders*. 2015;48(1):100-110.
17. Brown, O., **Quick, V.**, Colby, S., Greene, G., Horacek, T., Hoerr, S., Koenig, M., Kidd, T., Morrell, J., Olfert, M., Phillips, B., Shelnut, K., White, A., Kattelman, KK. Recruitment lessons learned from a tailored web-based health intervention project Y.E.A.H. (Young Adults Eating and Active for Health). *Health Education*. 2015;115(5):470-479.
18. Caccavale, L., Nansel, T., **Quick, V.**, Haynie, D., Lipksy, L., Laffel, L.M., Mehta, S.N. Associations of disordered eating behavior with the family diabetes environment in youth with type 1 diabetes. *Journal of Developmental and Behavioral Pediatrics*. 2015;36:8-13.
19. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Shoff, S., Lohse, B., Horacek, T., Kattelman, K, Phillips, B., Hoerr, S., Greene, G. Concordance of self-report and measured height and weight of college students. *Journal of Nutrition Education and Behavior*. January/February 2015;47(1):94-98.
20. Martin-Biggers, J., Beluska, K., **Quick, V.**, Tursi, M., Byrd-Bredbenner, C. Cover lines using positive, urgent, unique language entice Moms to read health communications. *Journal of Health Communication*, 2015;0:1-7.
21. **Quick, V.**, McWilliams, R., Byrd-Bredbenner, C. A case-control study of psychological well-being and weight teasing in young adults with and without bowel conditions. *Journal of Human Nutrition & Dietetics*, 2015;28(1):28-36.

22. **Quick, V.**, Corda, K.W., Martin-Biggers, J., Chamberlin, B., Schaffner, D., Byrd-Bredbenner, C. Short food safety videos promote peer networking and behavior change. *British Food Journal*. 2015;117(1):78-93.
23. **Quick, V.**, Berg, K., Bucchiera, M., Byrd-Bredbenner, C. Identification of eating disorder pathology in college students: A comparison of DSM-IV-TR and DSM-5 diagnostic criteria. *Advances in Eating Disorders*. 2014;2(2):112-124.
24. **Quick, V.**, Lipsky, L.M., Laffel, L.M., Mehta, S.N., Quinn, H., Nansel, T.R. Relationships of neophobia and pickiness with dietary variety, dietary quality, and diabetes management in youth with type 1 diabetes. *European Journal of Clinical Nutrition*. 2014;68(1):131-136.
25. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B., Greene, G.W., Horacek, T., Kidd, T. Eat, sleep, work, play: Associations of weight status and health-related behaviors among young adult college students. *American Journal of Health Promotion*. November/December 2014;29(2):e64-e72.
26. **Quick, V.**, Lipksy, L., Nansel, T.R., Liu, D., Due, P., Iaconatti, R. Body image and weight control in youth: 9-year international trends from 24 countries. *International Journal of Obesity*. 2014;38(7):988-994.
27. **Quick, V.** Social theory applied to body image in youth with chronic illness. *American Journal of Lifestyle and Medicine*. January/February 2014;8(1):15-20.
28. **Quick, V.**, Byrd-Bredbenner, C. Disordered eating, socio-cultural media influencers, body image, and psychological factors among a racially/ethnically diverse population of college women. *Eating Behaviors*. 2014;15:37-41.
29. Kornides, M., Nansel, T., **Quick, V.**, Haynie, D., Lipksy, L., Laffel, L.M., Mehta, S.N. Associations of family meal frequency with family meal habits and meal preparation characteristics among families of youth with type 1 diabetes. *Child: Care, Health and Development*. 2014;40(3):405-411.
30. Morrell, J., Byrd-Bredbenner, C., **Quick, V.**, Olfert, M., Dent, A., Carey, G.B. Metabolic syndrome: Comparison of prevalence in young adults at 3 land-grant universities. *Journal of American College Health*. 2014;62(1):1-9.
31. Yorkin, M., Spaccarotella, K., Martin-Bigger, J., **Quick, V.**, Byrd-Bredbenner, C. Accuracy of consistency of weights provided by home bathroom scales. *BMC Public Health*. 2013;13:1194.
32. **Quick, V.**, Wall, M., Larson, N., Haines, J., Neumark-Sztainer, D. Personal, behavioral and environmental predictors of overweight incidence in young adults: 10-year longitudinal findings. *International Journal of Behavioral Nutrition & Physical Activity*. 2013;10:37.
33. **Quick, V.**, Eisenberg, M., Bucchiera, M., Neumark-Sztainer, D. Prospective predictors of body dissatisfaction: Ten-year longitudinal findings. *Emerging Adulthood*. 2013;1(4):271-282.
34. **Quick, V.**, Byrd-Bredbenner, C., Neumark-Sztainer, D. Chronic illness and disordered eating: A review of the literature. *Advances in Nutrition*. 2013;4(3):277-286.

35. **Quick, V.**, Loth, K., Linde, J., MacLeose, R., Neumark-Sztainer, D. Prevalence of adolescents' self-weighting behaviors and associations with weight control practices and weight-related problems. *Journal of Adolescent Health*. 2013;52(6):738-744.
36. **Quick, V.**, Byrd-Bredbenner, C. Eating Disorders Examination Questionnaire (EDE-Q): Norms for college students. *Eating and Weight Disorders*. 2013;18(1):29-35.
37. **Quick, V.**, McWilliams, R., Byrd-Bredbenner, C. Fatty, Fatty, Two-By-Four: Weight teasing history and disturbed eating in young adult women. *American Journal of Public Health*. 2013;103(3):508-515.
38. Byrd-Bredbenner, C., Berning, J., Martin-Biggers, J., **Quick, V.** Food safety in home kitchens: A synthesis of the literature. *International Journal of Environmental Research and Public Health*. 2013;10(9):4060-4085.
39. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Ninja kitchen to the rescue: Evaluation of a food safety education game for middle school youth. *British Food Journal*. 2013;115(5):686-699.
40. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Determinants of safe food handling behaviors among middle school youth. *Nutrition & Food Science*. 2013;43(6): 543-553.
41. Martin-Biggers, J., Aljallad, C., Ciecierski, C., Yablonsky, C., Akhabue, I., McKinley, J., Hernandez, K., Yorkin, M., Jackson, R., **Quick, V.**, Byrd-Bredbenner, C. What foods are U.S. supermarkets promoting? A content analysis of supermarket sale circulars. *Appetite*. 2013;62:160-165.
42. Horacek, T., Erdman, M., Reznar, M.; Olfert, M., Brown-Esters, O., Kattelman, K., Kidd, T., Koenings, M., **Quick, V.**, Shelnutt, K., White, A.A. Evaluation of food store environment on and near the campus of 15 post-secondary institutions. *American Journal of Health Promotion*. 2013;27(4):e81-90.
43. **Quick, V.**, Byrd-Bredbenner, C. Disturbed eating behaviors and associated psychographic characteristics of young adults. *Journal of Human Nutrition & Dietetics*. 2012;26(Suppl. 1):53-63.
44. **Quick, V.**, Larson, N., Eisenberg, M.E., Hannon, P.J., Neumark-Sztainer, D. Self-weighting behaviors in young adults: Tipping the scale towards unhealthy eating behaviors? *Journal of Adolescent Health*. 2012;51:468-474.
45. **Quick, V.**, Byrd-Bredbenner, C. Weight regulation practices of young adults: Predictors of restrictive eaters. *Appetite*. 2012;59(2):425-430.
46. **Quick, V.**, McWilliams, R., Byrd-Bredbenner, C. A case-control study of disturbed eating behaviors and related psychographic characteristics in young adults with and without diet-related chronic health conditions. *Eating Behaviors*. 2012;13(3):207-213.
47. **Quick, V.**, Byrd-Bredbenner, C. Disturbed eating severity scale (DESS) places disturbed eating risk on a continuum. *Appetite*. 2012;59:168-176.
48. Szymona, K., **Quick, V.**, Olfert, M., Shelnutt, K., Kattelman, K.K., Brown-Esters, O., Colby, S.E., Beaudoin, C., Lubniewski, J., Maia, A.M., Horacek, T., Byrd-Bredbenner, C. The university environment: A comprehensive assessment of health-related advertisements. *Health Education*. 2012;112(6):497-512.



49. Byrd-Bredbenner, C., Johnson, M., **Quick, V.**, Walsh, J., Grenne, G.W., Hoerr, S., Colby, S., Kattlemann, K.K., Phillips, B., Kidd, T., Horacek, T. Sweet & Salty: An assessment of the snacks and beverages sold in vending machines on U.S. post-secondary institution campuses. *Appetite*. 2012;58:1143-1151.
50. Horacek, T., White, A.A., Greene, G.W., Reznar, M.M., **Quick, V.**, Morrell, J.S., Colby, S.M., Kattlemann, K.K., Herrick, M.S., Shelnut, K.P., Mathews, A., Phillips, B.W., Byrd-Bredbenner, C. Sneakers and Spokes: An assessment of the walkability and bikeability of U.S. post-secondary institutions. *Journal of Environmental Health*. 2012; 74(7):8-15.
51. Dissen, A., Policastro, P., **Quick, V.**, Byrd-Bredbenner, C. Interrelationships among nutrition knowledge, attitudes, behaviors and body satisfaction. *Health Education*. 2011; 111(4):283-295.
52. Syzmona, K., **Quick, V.**, Byrd-Bredbenner, C. An instrument to assess health-related advertising on college campuses. *Nutrition & Food Science*. 2011; 41(2):96-103.
53. Heller, R., **Quick, V.**, Byrd-Bredbenner, C. Where's the fruit? Temporal changes in television advertisements for "fruit containing" foods during children's programming. *Journal of Children & Media*. 2011; 3(1):16-21.
54. **Quick, V.**, Byrd-Bredbenner, C. Effects of photographs of lower and higher BMI fashion models on body dissatisfaction of young women. *Topics in Clinical Nutrition*. January/March 2011; 26(1):57-67.
55. **Quick, V.** Disturbed eating behaviors in youth with type 1 diabetes. *The Research Digest Newsletter*. Summer-Fall 2010; 45(3):15-16.
56. Corda, K.W., **Quick, V.**, Schefske, S., DeCandia, J., Byrd-Bredbenner, C. Toward a polytheoretical framework for health behavior change. *American Journal of Health Studies*. 2010; 25(4):211-230.
57. Byrd-Bredbenner, C., Greci, A., **Quick, V.** Effect of a television program on 9- and 10-year old girls' nutrition cognitions and intended behaviors. *Nutrition & Dietetics*. September 2010; 67(3):143-149.
58. Byrd-Bredbenner, C., Maurer Abbot, J., **Quick, V.** Food safety knowledge and beliefs of middle school children: Implications for food safety educators. *Journal of Food Science Education*. January 2010; 9(1):19-30.
59. Hoffman, D., Policastro, P., **Quick, V.**, Lee, S.K. Changes in body fat and weight mass of men and women in the first year of college: A study of the "Freshman 15." *Journal of American College Health*. July/August 2006; 55:41-45.
60. **Quick, V.**, Goodhart, F.W. Student nutrition advocates make changes on campus. *College Health in Action*. Spring 2004 Newsletter Column: New & Views.

## ➤ MANUSCRIPTS UNDER REVIEW

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1. Byrd-Bredbenner, C., Martin-Biggers, J., Povich, GA., Worobey, J., Hongu, N., **Quick, V.** (In Review) Promoting healthy home environments and lifestyles in families with preschool children: HomeStyles, A randomized controlled trial. *Contemporary Clinical Trials*
2. Byrd-Bredbenner, C., Delaney, C., Martin-Biggers, J., Koenings, M., **Quick, V.** (In Review) The marketing plan and outcomes for recruiting and retaining parents in the HomeStyles Randomized Controlled Trial. *Trials*.
3. Lawson, L., **Quick, V.**, Taylor, M., Kapsokafalou, M., Kotsios, P, Rao, S., Schoolman, E. Food aid and the emergency food system in Greece. Stavros Niarchos Foundation report. January 13, 2017.
4. Eisenberg, M., **Quick, V.**, Lipksy, L., Dempster, K.W., Liu, A., Laffel, L.M., Mehta, S.N., Nansel, T.R., (In Review) Disordered eating behaviors are not increased by an intervention to improve dietary quality, but are associated with poorer glycemic control among youth with type 1 diabetes. *Journal of Diabetes Care*
5. **Quick, V.**, Nansel, T.R., Lipksy, L. (In Review) Psychometrics of the Self-Regulation Questionnaire for healthy eating in youth with type 1 diabetes and their parents. *Child: Care, Health & Development*
6. **Quick, V.**, Eck, K., Delany, C., Lewis, R., Byrd-Bredbenner, C. (In Review) Economic, cultural, social, environmental-health capital gradients: Links to weight-related and behaviors of mothers with young children. *BMC Obesity*
7. Martin-Biggers, J., **Quick, V.**, Spaccarotella, K., Byrd-Bredbenner, C. (In Review) Obesity risk predictors of non-obese mothers of young children using a socioecological approach. *Appetite*

## ➤ MANUSCRIPTS IN PREPARATION

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- **Quick, V.** (In preparation). Screening cystic fibrosis patients for disordered eating: Implications for standards of care. *Journal of Cystic Fibrosis*.
- **Quick, V.**, Martin-Biggers, J., Povich, GA., Hongu, N., Worobey, J., Byrd-Bredbenner, C. (In preparation) Long-term effects of the HomeStyles randomized controlled trial on social cognitive theory constructs associated with physical activity cognitions and behaviors. *TBD*
- Quick, V., Martin-Biggers, J., Byrd-Bredbenner, C. (In preparation) Cluster analysis examining elevated obesity risk groups in families with young children using a socioecological approach. *TBD*

## ➤ PUBLICATIONS: PUBLISHED ABSTRACTS

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### *Conference presentations of peer-reviewed abstracts*

1. Delaney C., **Quick, V.**, Byrd-Bredbenner, C. Weight-related aspects of the home environment among parent racial/ethnic groups. *The Journal of Academy of Nutrition and Dietetics*. 2017;117(9):Supplement A98.
2. Delaney C., **Quick, V.**, Byrd-Bredbenner, C. Eating, sleeping and physical activity behaviors and cognitions of parents with preschool-aged children differ by race/ethnicity. *The Journal of Academy of Nutrition and Dietetics*. 2017;117(9):Supplement A54.
3. Byrd-Bredbenner, C., **Quick, V.**, Martin-Biggers, J. A socio-ecological examination of weight-related characteristics in home environments of families with young children. (To be presented at the International Congress of Nutrition, Buenos Aires, Argentina, October 2017).
4. Byrd-Bredbenner, C., **Quick, V.**, Martin-Biggers, J. HomeStyles: A Randomized Controlled Trial. (To be presented at the International Congress of Nutrition, Buenos Aires, Argentina, October 2017).
5. Delaney, C. **Quick, V.**, Byrd-Bredbenner, C. Weight-related behaviors and cognitions: Differences between Latino and White families with young children. *The FASEB Journal*. 2017;31(1):Supplement 961.9.
6. Delaney C., **Quick, V.**, Byrd-Bredbenner, C. Weight-related aspects of the home environment of Latino families. *The FASEB Journal*. 2017;31(1):Supplement 962.7.
7. Delaney C., **Quick, V.**, Eck, K., Byrd-Bredbenner, C. The effect of family affluence on weight-related cognitions of the home environment. *The FASEB Journal*. 2017;31(1):Supplement 962.7.
8. Eck, K., **Quick, V.**, Martin-Biggers, J., Delaney, C., Byrd-Bredbenner, C. Education level influences weight-related cognitions and behaviors of parents with preschoolers. *The FASEB Journal*. 2017;31(1):Supplement 642.3.
9. **Quick, V.** Screening cystic fibrosis patients for disordered eating: Implications for standards of care. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(9): Supplement A94.
10. **Quick, V.**, Martin-Biggers, J., Byrd-Bredbenner, C. Mom's eating, sleeping, and physical activity behaviors differ by weight status: Implications for nutrition education interventions. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(9): Supplement A24.
11. Delaney, C., **Quick, V.**, and Byrd-Bredbenner, C. Weight-related cognitions and behaviors of Latino parents of preschool-aged children. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(9): Supplement A99.
12. Eck, K., Martin-Biggers, J., **Quick, V.**, Povich-Alleman, G., Hongu, N., Byrd-Bredbenner, C. Childhood obesity prevention cognitions of non-nutrition professionals working with young children and their families. *Journal of Nutrition Education and Behavior*. 2016;48(7):S63.
13. **Quick, V.**, Martin-Biggers, J., Povich-Alleman, G., Hongu, N., Worobey, J., Byrd-Bredbenner, C. Moms and Dads: How they differ in their roles as family food gatekeepers. International Congress of Dietetics, September, 2016.

14. Martin-Biggers, J., **Quick, V.**, Worobey, J., Byrd-Bredbenner, C. Physical activity level, modeling, and importance to mothers of preschool children. *The FASEB Journal*. 2016;30(1):Supplement 152.7
15. **Quick, V.**, Martin-Biggers, J., Pavis-Alleman, G., Hongu, N., Worobey, J., Byrd-Bredbenner, C. Parents of preschoolers: Weight-related cognitions and behaviors. *The FASEB Journal*. 2016;30(1):Supplement 419.5.
16. Martin-Biggers, J., **Quick, V.**, Worobey, J., Byrd-Bredbenner, C. Development of a survey that assesses intra- and inter-personal weight-related cognitions and behaviors of mothers of young children. *The FASEB Journal*. 2016;30(1):Supplement 669.6.
17. Martin-Biggers, J., **Quick, V.**, Pavis-Alleman, G., Hongu, N., Worobey, J., Byrd-Bredbenner, C. Families with preschool children: Weight-related aspects of their home environments. International Behavioral Nutrition and Physical Activity Conference, June 2016
18. Barrios, P., Martin-Biggers, J., **Quick, V.**, Byrd-Bredbenner, C. Reliability and criterion validity of self-reported measured waist, hip, and neck circumferences taken with a home-assembled measuring tape after viewing an online instructional video. International Behavioral Nutrition and Physical Activity Conference, June 2016.
19. **Quick, V.**, Nansel, T., Lipsky, L., Mehta, S. Laffel, L. Autonomous and controlled motivation for healthful eating in youth with type 1 diabetes (T1D) and their parents. *Journal of the Academy of Nutrition and Dietetics*. 2015;115(9):Supplement A48.
20. Byrd-Bredbenner, C., **Quick, V.**, Koenings, M.M., Martin-Biggers, J., Kattlemann, K. Impact of cognitive load on weight-related behaviors of young adults. *Journal of the Academy of Nutrition and Dietetics*. 2015;115(9):Supplement A62.
21. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Shoff, S., Lohse, B., Horacek, T., Kattlemann, K, Phillips, B., Hoerr, S., Greene, G. Development of a physical activity measure among college students. *Journal of the Academy of Nutrition and Dietetics*. 2014;114(9):Supplement A23.
22. **Quick, V.**, Nansel, T.R., Liu, D., Lipsky, L., Due, P., Iaconatti, R. Body image and weight control in youth: 9-year international trends from 24 countries. *The FASEB Journal*. 2014;28(1):Supplement 811.5.
23. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Shoff, S., Lohse, B., Horacek, T., Kattlemann, K, Phillips, B., Hoerr, S., Greene, G. Concordance of self-report and measured height and weight of college students. *The FASEB Journal*. 2014;28(1):Supplement 1031.9.
24. **Quick, V.**, Byrd-Bredbenner, C. Disordered eating behaviors and attitudes of females with cystic fibrosis. *The FASEB Journal*. 2014;28(1):Supplement 628.7.
25. Popelka, J., **Quick, V.**, Murray, P., Olfert, M. The use of technology in eating disorder treatment programs. *The FASEB Journal*. 2014;28(1):Supplement 1020.4.
26. Lipsky, L.M., Nansel, T.R., **Quick, V.** Processed food intake is adversely associated with multiple indicators of cardiometabolic health in US adults: Findings from the National Health and Nutrition Examination Surveys (2005-2008) *Circulation*. 2014;129:AP181.

27. Martin-Biggers, J, Beluska, K., Tursi, M., **Quick, V.**, Byrd-Bredbenner, C. Magazine headline themes/emotions that motivate mothers to read nutrition education materials. *The FASEB Journal*. 2014;28(1):Supplement 262.3.
28. **Quick, V.**, Lipsky, L.M., Nansel, T.R., Quinn, H., Laffel, L.M., Mehta, S.N. Relationships among neophobia, pickiness, dietary variety and dietary quality in youth with type 1 diabetes. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(9):Supplement A31.
29. **Quick, V.**, Byrd-Bredbenner, C., Brown, O., Colby, S., Horacek, T., Shoff, S., White, A.A., Lohse, B., Greene, G.W., Kidd, T. Relationships among sleep duration, weight-related behaviors, and BMI in college students. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(9):Supplement A78.
30. **Quick, V.**, Heller, R., Corda, K., Martin-Biggers, J., Schaffer, D., Gleason, J., Chamberlin, B., Byrd-Bredbenner, C. Don't be Gross! Development of food safety 'video snacks' viral marketing campaign for middle school youth. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(9):Supplement A56.
31. **Quick, V.**, Byrd-Bredbenner, C. Vegetarians and vegans: Are they at increased risk for disordered eating and poor psychological well-being? *Journal of the Academy of Nutrition and Dietetics*. 2013;113(9):Supplement A89.
32. Byrd-Bredbenner, C., **Quick, V.**, White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B.; Greene, G.W., Horacek, T., Kidd, T. Eat, sleep, work, play: Relationships among health-related behaviors of young adults by weight status. *Annals of Nutrition and Metabolism*. 2013;63:487.
33. **Quick, V.**, Heller, R., Corda, K., Martin-Biggers, J., Byrd-Bredbenner, C. Friends matter: Food safety (FS) cognitive and behavioral influences among youth. *The FASEB Journal*. 2013;27(1):Supplement 626.5.
34. **Quick, V.**, Byrd-Bredbenner, C. Eating attitudes, behaviors, and associated psychographic characteristics of college students: Are there differences in those with and without nutrition majors? *The FASEB Journal*. 2013;27(1):Supplement 841.25.
35. **Quick, V.**, Shu, E., Aljallad, C., Yorkin, M., McKinley, J., Ciecierski, C., Yablonsky, C., Jackson, R., Burslem, R., Byrd-Bredbenner, C. Relationships between young adults' weight-related behaviors and associated health outcomes. *Journal of the Academy of Nutrition and Dietetics*. 2012;112(9):Supplement A27.
36. **Quick, V.**, Byrd-Bredbenner, C. Recollections of being overweight and weight teased during childhood affects young adults' current eating behaviors, body image, and related psychological characteristics. *Journal of the Academy of Nutrition and Dietetics*. 2012;112(9):Supplement A94.
37. **Quick, V.**, McWilliams, R., Byrd-Bredbenner, C. Psychological well-being and weight teasing in young adults with and without bowel diseases: Implications for nutrition educators. *Journal of the Academy of Nutrition and Dietetics*. 2012;112(9):Supplement A35.

38. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Middle Schoolers' Food safety cognitions and intended behaviors: A food safety computer game intervention. *Journal of the Academy of Nutrition and Dietetics*. 2012;112(9):Supplement A55.
39. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Middle schoolers: Food safety cognitions and behaviors. *Journal of Nutrition Education and Behavior*. 2012;44(4):S51.
40. **Quick, V.**, Byrd-Bredbenner, C. Predicting young adults at risk for eating disorders: Development of a novel disturbed eating severity score. *Journal of the American Dietetic Association*. 2011;111(9):Supplement 29.
41. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Evaluation of an innovative food safety computer game for middle schoolers. *Journal of the American Dietetic Association*. 2011;111(9): Supplement 96.
42. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University food environment: An assessment of beverages sold in vending machines. *Journal of the American Dietetic Association*. 2011;111(9): Supplement A46.
43. **Quick, V.**, Weiner, A., Shu, E., Byrd-Bredbenner, C. Healthfulness of the food environment on/near a university campus. *Journal of the American Dietetic Association*. 2011;111(9): Supplement 69.
44. **Quick, V.**, Walsh, J., and Byrd-Bredbenner, C. Styles and Surroundings Survey (SSS): Examination of young adults' lifestyle behaviors and environmental surroundings on weight management. *Journal of the American Dietetic Association*. 2011;111(9): Supplement 23.
45. **Quick, V.**, Corda, K.W., Byrd-Bredbenner, C. Ninja Kitchen (NK) to the rescue: Development and formative evaluation of a food safety (FS) education game targeting middle school youth. *Journal of Nutrition Education and Behavior*. July/August 2011;43(4S1): S37.
46. Kattelman, KK., Mortinsen, K., Phillips, B., Shelnut, K., Greene, G., Olfert, M., Esters, O., Nitzke, S., Horacek, T., **Quick, V.**, White, A., Hoerr, S., Kidd, T., Colby, S., Morrell, J. Tailoring a management access system for use by campus coordinators in 14 states for a web-based nutrition intervention. *Journal of Nutrition Education and Behavior*. 2011;43(4):S33-S34.
47. **Quick, V.**, Byrd-Bredbenner, C. Disturbed eating in young adults: A predictive model for determining those at risk for eating disorders. *Journal of Nutrition Education and Behavior*. July/August 2011;43(4S1): S37.
48. **Quick, V.**, Byrd-Bredbenner, C.. Behavioral factors affecting young adults' health and body weight: A PRECEDE-PROCEED framework approach. *Journal of the American Dietetic Association*. 2010;110(9): Supplement A76.
49. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University food environment: An assessment of the nutrient-density of vending machine foods. *Journal of the American Dietetic Association*. 2010;110(9): Supplement A52.

50. Heller, R., **Quick, V.**, Byrd-Bredbenner, C. Where's the fruit? Television food advertisers response to FTC AND IOM challenge to improve self-regulation during children's programming. *Journal of the American Dietetic Association*. 2010;110(9): Suppl. A-113.
51. Maurer Abbot, J., **Quick, V.**, Byrd-Bredbenner, C. What do middle schoolers and their parents know about safe food handling? *Journal of the American Dietetic Association*. 2010;110(9): Supplement A69.
52. Greci, A., **Quick, V.**, Byrd-Bredbenner, C. A television program's effect on nutrition cognitions and intended behaviors of 9- and 10-year-old girls. *Journal of the American Dietetic Association*. 2010;110(9): Supplement A61.
53. Szymona, K., **Quick, V.**, Byrd-Bredbenner, C. Assessment of health-related advertising on a university campus. *Journal of the American Dietetic Association*. 2010;110(9): Supplement A79.
54. Erdman, M., Horacek, T., Phillips, B., Guo, W., Colby, S., White, A.A., Kidd, T., Koenig, M., Walsh, J., **Quick, V.**, Greene, G.W. Assessment of the food and eating environment on college campuses using a modified version of the Nutrition Environment Measures Survey for Restaurants (NEMS-R). *Journal of the American Dietetic Association*. 2010;110(9): Supplement A24.
55. Horacek, T., Phillips, B., Herrick, M., White, A.A., Person, A., Greene, G.W., **Quick, V.**, Kattelman, K., Shellnut, K., Morrell, J. Obesity prevention: An assessment and comparison of 14 Campuses' walk-ability and bike-ability. *Journal of the American Dietetic Association*. 2010;110(9): Supplement A89.
56. **Quick, V.** Disordered eating among youth with diet-related health conditions. *Journal of the American Dietetic Association*. 2009;109(9):Supplement A35.
57. Maurer Abbot, J., Byrd-Bredbenner, C., **Quick, V.**, Policastro, P. What parents report About their middle schoolers' food safety knowledge and interest in learning about food safety. *Journal of the American Dietetic Association*. 2009;109(9):Supplement A63.
58. **Quick, V.**, Byrd-Bredbenner, C. Effect of photographs of thin and heavy fashion models on body satisfaction and self-esteem in young women. *Journal of the American Dietetic Association*. 2008;108(9):Supplement A45.
59. Montone, K., Ginsburg, S., **Quick, V.**, Shea, S. College snacking at it's best. *Journal of the American Dietetic Association*. 2004;104(2):Supplement 43.

## ➤ PROFESSIONAL PRESENTATIONS

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### *Conference presentations of peer-reviewed abstracts that were not published*

1. Zhang, M., **Quick, V.**, Martin-Biggers, J., Jin, Y., Byrd-Bredbenner, C. (April 2017) Influence of family conflict, cohesion, and chaos in the home environment on maternal and child food-related behaviors. 10th Annual Future of Food and nutrition Graduate Student Research Conference, Boston, MA.
2. Martin-Biggers, J., **Quick, V.**, Byrd-Bredbenner, C., Worobey, J. (April 2017) Perceptions of children's weight by mothers and fathers: Differences in concern and control. Society for Research in Child Development Conference, Austin, TX.

3. Byrd-Bredbenner, C., **Quick, V.**, Koenings, M.M., Martin-Biggers, J., Kattelman, K. (June 2015) Cognitive load affects eating behaviors of college students. International Society of Behavioral Nutrition and Physical Activity Conference, Edinburg.
4. Lipsky, LM., Nansel, TR., Haynie, D., **Quick, V.**, Liu, A. (March 2013) Association of television viewing behaviors with energy intake and dietary quality in US adolescents (NEXT Generation Health Study). Society for Prevention Research 22nd Annual Meeting.
5. **Quick, V.**, Aljallad, C., Yorkin, M., McKinley, J., Yablonsky, C., Shu, E., Jackson, R., Burslem, R., Ciecierski, C., Byrd-Bredbenner, C. (May 2012) Young adults' dietary practices, physical activity level, perceived stress, and health outcomes. New Jersey Dietetic Association, New Brunswick, NJ.
6. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. (May 2012) Evaluation of the food store environment on and near the Rutgers University, New Brunswick campus. New Jersey Dietetic Association, New Brunswick.
7. Martin-Biggers, J., Aljallad, C., Ciecierski, C., Yablonsky, C., Akhabue, I., McKinley, J., Hernandez, K., Yorkin, M., Jackson, R., **Quick, V.**, Byrd-Bredbenner, C. (May 2012) U.S. supermarket sale circulars and MYPLATE: What food groups are advertised most? New Jersey Dietetic Association, New Brunswick, NJ.
8. Heller, R., Berhaupt-Glickstein, A., Martin-Biggers, J., **Quick, V.**, Byrd-Bredbenner, C. (May 2012) Fruit-related artwork on foods containing artificial fruit flavors and no fruit may create false impressions of the foods' fruit content. New Jersey Dietetic Association, New Brunswick
9. **Quick, V.**, Meyer, K., Larson, N., Wall, M., Haines, J., Neumark-Sztainer, D. (May 2012) Personal, behavioral and environmental predictors of being overweight in young adults: Ten year longitudinal findings. International Behavioral Nutrition and Physical Activity Conference, Austin, TX.
10. **Quick, V.**, Byrd-Bredbenner, C. (May 2012) Black women engage in fewer disturbed eating behaviors than other racial groups. International Conference of Eating Disorders, Austin, TX.
11. **Quick, V.**, Byrd-Bredbenner, C. (April 2012) Weight regulation practices of young adults: Predictors of restraint eaters. Experimental Biology, San Diego, CA.
12. **Quick, V.**, McWilliams, R., Byrd-Bredbenner, C. (April 2012) Case-control study of eating behaviors of young adults with and without diet-related chronic health condition (DRCHCs). Experimental Biology, San Diego, CA.
13. **Quick, V.**, Corda, K.W., Berhaupt, A.; Akhabue, I., Byrd-Bredbenner, C. (April 2012) Food safety knowledge, attitudes, behaviors and intended behaviors of middle schoolers. Experimental Biology, San Diego, CA.
14. **Quick, V.**, Corda, K.W., Berhaupt, A., Akhabue, I., Byrd-Bredbenner, C. (May 2011) Kitchen Ninja: Food Safety Computer Game. New Jersey Dietetic Association, New Brunswick



15. **Quick, V.**, Aljallad, C., Yorkin, M., McKinley, J., Yablonsky, C., Shu, E., Jackson, R., Burslem, R., Ciecierski, C., Byrd-Bredbenner, C. (May 2011) Baseline BMI, waist circumference, blood lipids and glucose, and blood pressure of Rutgers students participating in Project YEAH. New Jersey Dietetic Association, New Brunswick
16. **Quick, V.**, Byrd-Bredbenner, C., McWilliams, R. (Presentation April 2011) A case-control study of eating behavior characteristics in young adults with and without diet-related chronic health conditions (DRCHCs): Is there a cause for concern? Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.
17. **Quick, V.**, Byrd-Bredbenner, C. A comparison of disturbed eating behaviors in young adults: Implications for nutrition education and counseling interventions. (April 2011) Experimental Biology Conference, Kansas City, MO.
18. **Quick, V.**, Byrd-Bredbenner, C. Food safety cognitions of parents of tweens: Implications for theory-driven interventions. (April 2011) Experimental Biology Conference, Kansas City, MO.
19. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University food environment: An assessment of the nutrient-density of vending machine foods. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
20. **Quick, V.**, Wiener, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. (May 2010) Beverages sold in vending machines at Rutgers. New Jersey Dietetic Association, New Brunswick.
21. **Quick, V.**, Wiener, A., Shu, E., Byrd-Bredbenner, C. (May 2010) The Rutgers University food environment. New Jersey Dietetic Association, New Brunswick.
22. **Quick, V.**, Walsh, J., Byrd-Bredbenner, C. (May 2010) Lifestyle behaviors and environmental surroundings related to weight management at Rutgers. New Jersey Dietetic Association, New Brunswick
23. **Quick, V.**, Byrd-Bredbenner, C. Fatty, Fatty Two-By-Four: Weight teasing history is associated with disordered eating behaviors in healthy young adult women. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
24. Heller, R., **Quick, V.**, Byrd-Bredbenner, C. Where's the fruit? Television food advertisers response to FTC AND IOM challenge to improve self-regulation during children's programming. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
25. **Quick, V.**, Byrd-Bredbenner, C. Behavioral factors affecting young adults' health and body weight: A PRECEDE-PROCEED framework approach. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
26. Greci, A., **Quick, V.**, Byrd-Bredbenner, C. A television program's effect on nutrition cognitions and intended behaviors of 9- and 10-year-old girls. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
27. Szymona, K., **Quick, V.**, Byrd-Bredbenner, C. Assessment of health-related advertising on a university campus. (May 2010) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.

28. **Quick, V.**, Byrd-Bredbenner, C. Fatty, Fatty Two-By-Four: Weight teasing history is associated with disordered eating behaviors in healthy young adult women. (April 2010) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.
29. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University food environment: An assessment of the nutrient-density of vending machine foods. (April 2010) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.
30. **Quick, V.**, Weiner, A., Shu, E., Byrd-Bredbenner, C. An evaluation of buildings frequently used by students at Rutgers University New Brunswick in promoting physical activity. (May 2009) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
31. **Quick, V.**, Weiner, A., Shu, E., Johnson, E., Byrd-Bredbenner, C. Physical activity and obesity prevention: An assessment of Rutgers University, New Brunswick Campus walk-ability and bike-ability. (May 2009) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
32. Byrd-Bredbenner, C., **Quick, V.**, Maurer Abbot, J. Food safety cognitions of middle schoolers and parents of middle schoolers. (March 2010). Advancements in Food Safety Education: Trends, Tools & Technologies Conference, Atlanta, GA.
33. **Quick, V.** Review of literature: Disordered eating in diet-related health conditions in young adults. (May 2009) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
34. Corda, KW., Schefske, S., **Quick, V.**, Espinosa, C., Sekri, D., Courel, M., DeCandia, J., Brown, JM., Byrd-Bredbenner, C. A polytheoretical framework for behavioral nutrition education. (May 2009) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ
35. Heller, R., **Quick, V.**, Byrd-Bredbenner, C. Have food advertisers responded to the FTC and IOM challenge to improve self-regulation? (May 2009) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
36. **Quick, V.**, Weiner, A., Shu, E., Johnson, E., Byrd-Bredbenner, C. Rutgers University (New Brunswick) support for physical activity and obesity prevention: An assessment of campus walk-ability and bike-ability. (April 2009) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.
37. **Quick, V.**, Weiner, A., Shu, E., Byrd-Bredbenner, C. Promotion of physical activity: An evaluation of buildings frequently used by students at Rutgers University New Brunswick. (April 2009) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick NJ.
38. **Quick, V.** Review of Literature: Disordered eating in diet-related health conditions in young adults. (April 2009) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.
39. Corda, KW., Schefske, S., **Quick, V.**, Espinosa, C., Sekri, D., Courel, M., DeCandia, J., Brown, JM., Byrd-Bredbenner, C. A polytheoretical framework for behavioral nutrition

education. (April 2009) Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.

40. **Quick, V.**, Byrd-Bredbenner, C. Effect of Fashion photographs on young women's self-esteem and body image. (May 2008) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
41. **Quick, V.**, Byrd-Bredbenner, C. Online focus groups reveal weight and body image concerns among young adults on campus. (May 2008) New Jersey Dietetic Association Annual Conference, New Brunswick, NJ.
42. **Quick, V.**, Lee, S.K., Policastro, P. Impact of the RU Healthy Dining Team on student's nutrition knowledge, attitudes, and behaviors. (May 2005) Rutgers First Annual Undergraduate Research Symposium, New Brunswick, NJ.
43. **Quick, V.**, Lee, S.K., Policastro, P. Impact of the RU Healthy Dining Team on student's nutrition knowledge, attitudes, and behaviors. (May 2005) New Jersey Dietetic Association Annual Conference. Long Branch, New Jersey.

#### ➤ **INVITED PRESENTATIONS**

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1. **Quick, V.** Estimating the cost-effectiveness of a nutrition education intervention in preventing childhood obesity. Rutgers University, Department of Agriculture, Food & Resource Economics (Feb 2017)
2. **Quick, V.** What's eating you? James Madison University (March 2015)
3. **Quick, V.** Webinar Speaker for Journal of Nutrition Education and Behavior (March 2015)
4. **Quick, V.** The skinny on disordered eating and body image in youth and young adults. West Virginia University (March 2014)
5. **Quick, V.** Webinar Speaker for American Journal of Health Promotion (October 2014)

#### ➤ **GRANTS**

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1. Papaconstantinou, E., **Quick, V.**, Miller, A., Vogel, E., Coffey, S., Zitzelsberger, H., & Knibbe, TJ (2017). Exploring relationships between weight-related behaviours and sleep patterns in Canadian university students. What are the implications for dietitians? 2016-2017 Grant Competition – Canadian Foundation for Dietetic Research. Funded: \$16,085.60. (Role: Co-Principal Investigator)
2. **Quick, V.** Development of successfully tailored, family-based obesity prevention interventions. Rutgers Research Council Grant Program. Funded: \$1,300. (Role: Principal Investigator)
3. **Quick, V.**, Errickson, L. Screening for metabolic syndrome risk in low-income and food insecure populations at the New Brunswick Community Farmers Market: A feasibility study. 2017 Rutgers Intramural Grant Program for Nutrition, Food and Dietetics Research. Amount \$17,879.67 (not funded). (Role: Principal Investigator)

4. Lawson, L., **Quick V.**, Rao, S., Schoolman, E., Taylor, M. Feasibility Study: An Analysis of the Food Aid / Food Security System in Greece. Funded by the Stavros Niarchos Foundation. Grant Amount Awarded: \$120,852. (Role: Project Manager)
5. **Quick, V.** Discovering obesity risk groups in families with young children using a socio-ecological approach. Early Career Investigator grant from The Sackler Institute for Nutrition Science, \$50,000. (not funded) (Role: Principal Investigator)
6. Rittenhouse, M., **Quick, V.**, Hesse, M. Nutrition Assessment Initiative (NAI): Building Collaboration and Engagement, JMU Internal Grant, \$14,500 (not funded) (Role: Co-Principal Investigator)
7. **Quick, V.** Screening cystic fibrosis patients for disordered eating: Implications for standards of Care treatment, Virginia Quick, PI, J.B. Hawley Award (supported by the Division of Epidemiology and Community Health), \$4,000 awarded. [unable to continue project due to change in job] (Role: Principal Investigator)
8. **Quick, V.** Kappa Omicron Nu Reserach Fellowship for Graduate Students, \$1,000 awarded. (Role: Principal Investigator)

### ➤ **TEACHING EXPERIENCE**

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2017-2018	NUTR 492 Nutrition Communications
2015-2016	NUTR 499 Nutrition Counseling; NUTR 344 Quantity Foods Production; NUTR 349 Management of Foodservice Systems
2014-2015	NUTR 386 Community Nutrition; NUTR 280 Nutrition for Wellness; NUTR 295 Foundations of Nutrition Practice; NUTR 660 Research Methods in Dietetics
2010-2011	Guest lecturer for NUTR 530 Nutritional Epidemiology, Nutritional Sciences Department, Rutgers University
2006-2009	Teaching assistant for NUTR 344 Quantity Foods Production, Nutritional Sciences Department, Rutgers University
2006-2008	Teaching assistant for NUTR 498 Nutrition and Disease, Nutritional Sciences Department Rutgers University
2006-2008	Teaching assistant for NURT 255 Nutrition and Health, Nutritional Sciences Department, Rutgers University

### ➤ **ADVISING/MENTORING**

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2017-Current	Rachel Rodriguez, Undergraduate student at Rutgers University (Advisor for George H. Cooke research project)
2017-Current	Elizabeth Bowman, Undergraduate student at Rutgers University (Co-advisor for George H. Cooke research project)
2016-Current	Man Zhang, Graduate Doctoral Food Science Program at Rutgers University (Guidance on statistical analysis and manuscript preparation)
2015-Current	Colleen Delaney, Graduate Doctoral Nutritional Science program at Rutgers University (Dissertation Committee member & mentor in data set management, analysis, creating novel scoring algorithms)
2015-Current	Kaitlyn Eck, MS, RD, Graduate Doctoral Nutritional Science program at Rutgers University (Dissertation Committee member & mentor in data set management, statistical analysis, and manuscript preparation)

- 2015-Current Jessica McKinely, RD, Graduate Masters program in Nutritional Sciences at Rutgers University (mentor in data set management and analysis)
- 2016-2017 Qing Chen, Graduate Masters Nutritional Science program at Rutgers University (Thesis Committee member & mentor in data set management, analysis, and interpretation of results)
- 2015-2016 Danielle Scanlon, Nutrition & Physical Activity Masters Degree program, James Madison University (Master Thesis Committee member)
- 2014-2015 Caitlin Cadameria, Department of Health Sciences, James Madison University (Undergraduate Honors Thesis Advisor)
- 2014-2015 Grace Berardini, Department of Health Sciences, James Madison University (Undergraduate Honors Thesis Advisor)
- 2014-2015 Ellyn Gildea, Nutrition & Physical Activity Masters Degree program, James Madison University (Directed Research Project Committee member)
- 2012-2014 Jessie Popelka, Dietetic Internship/Masters in Nutritional Sciences program, West Virginia University (External Master Thesis Committee member)
- 2012 Meredith Yorkin, George H. Cook research project, Nutritional Sciences Department, Rutgers University (Collaborator)
- 2012 Hannah Borowsky, Winter intern, Division of Epidemiology and Community Health, University of Minnesota (Supervisor)
- 2011 Elena Shu, BS, Public Health undergraduate student at Rutgers University (Undergraduate Field Work Supervisor)
- 2010 Katie Szymona, MPH, RD, Masters of Public Health student at UMNDJ, Rutgers University (MPH Field Work Supervisor)
- 2009-2011 9 undergraduate student researchers, Rutgers University (Trainer and Supervisor)

### ➤ CONSULTING

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- January 2017 Wenjun Zhou, Biostatistician from University of Tennessee (consult on statistical analysis of an RCT (Get Fruved!))
- March 2017 Sara Elkanib, Health Educator from Rutgers University Cooperative Extension, Family and Consumer Health Sciences Department (consult on survey assessment and evaluation)

### ➤ PROFESSIONAL SERVICE (*Selected Examples*)

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#### Peer-reviewed Journals

- *Ad hoc peer-reviewer*

American Journal of College Health	Journal of Nutrition Education & Behavior
American Journal of Public Health	Journal of Public Health and Epidemiology
Archives of Public Health	Journal of Research in Obesity
Archives for Pediatrics & Adolescent Medicine	Medicine & Science in Sports & Exercise
BMC Public Health	Pediatric Diabetes
Eating and Weight Disorders	Pediatric Obesity
International Journal of Obesity	Perspective in Public Health
Journal of Adolescence Health	Psychiatry Research
- Journal of Nutrition Education & Behavior: Moderator/Organizer for weekly journal club

- **Past Editor-In-Chief** of *The Digest*, Academy of Nutrition and Dietetics, Research Dietetics Practice Group Newsletter 2014-2016

### Professional Memberships

- 2012-Current American Society of Nutrition
- 2011-Current Society of Nutrition Education & Behavior,  
**Public Health Nutrition Division Past Chair** 2015-2016
- 2010-Current Academy of Eating Disorders member
- 2009-Current Research Dietetics Practice Group,  
**Student Research Newsletter Editor** Fall 2010-May 2011
- 2006-2009 Nutritional Sciences Graduate Student Association  
**President** 2008-2009, **Treasurer** 2007-2008
- 2003- Current O Beta Alpha Chapter Kappa Omicron Nu
- 2002- Current Academy of Nutrition and Dietetics
- 2001- Current Lifetime Girl Scout member
- 2006-2008 Eating Issues Working Group, Rutgers University
- 2006-2008 Wellness Coalition, Rutgers University

### Media Interviews

- 2015 (Feb) The Breeze daily student newspaper
- 2014 (May) The Verge news report
- 2012 (April) Health Behavior News Service
- 2012 (April) School of Public Health Public Health Moment Podcast Interview (University of Minnesota)

### Workshop/Seminar Trainings Completed

- 2017 ACEND Training (March 20-21st, Chicago, IL)
- 2015 ServSafe instructor and proctor certified
- 2015 Training course for teaching online classes (20 hours)
- 2014 Lilly Conference on College and University Teaching and Learning (Bethesda, MD)
- 2013 National Institutes of Health “Scientists Teaching Science” training
- 2012 Post-Doc Training Workshop, Bethesda, MD (NIH)

### ➤ HONORS AND AWARDS

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- May 2015 SNEB Early Career Award Nominee
  - October 2012 First Author Award, Academy of Nutrition and Dietetics, Research Dietetics Practice Group
  - May 2012 Early Career Poster Award Nominee, International Society of Behavioral Nutrition and Physical Activity Conference
  - April 2012 Postdoctoral Fellow Research Poster Award, American Society for Nutrition (Nutrition Education Research Interest Section)
  - March 2012 Federation of American Societies for Experimental Biology/Maximizing Access to Research Careers Program Travel Award (2012 NIGMS workshop for Postdocs)
  - 2008-2009 American Dietetic Association Foundation PatsyJane O’Malley Memorial Scholarship

- 2007-2008 Teaching Assistant Award, Rutgers University
- 2005-2006 Vincentian Scholarship, College of Saint Elizabeth
- 2005 Outstanding Dietetic Student Award- Didactic Program in Dietetics, New Jersey Dietetic Association
- 2005 Dr. Ann McChesney Award~Nutritional Science Department, Rutgers University
- 2004-2005 American Dietetic Association Foundation Scholarship
- 2004-2005 George H. Cook Scholar, Thesis: V. Quick (2005) Impact of the RU Healthy Dining Team on Student's Nutrition Knowledge, Attitudes, and Behaviors.