

# **VIRGINIA M. QUICK, PHD, R.D.**

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## **➤ EDUCATION**

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- 9/12-Present **National Institute of Child Health & Human Development (NICHD)**  
*Post-Doctoral Research Fellow, Prevention Research Branch*  
Funded under the Intramural Research Training Award (IRTA)  
Advisor: Dr. Tonja Nansel
- 9/11-8/12 **University of Minnesota, School of Public Health**  
*Post-Doctoral Research Fellow*  
Funded under the Interdisciplinary Research Training in Child and Adolescent Primary Care Fellowship Training Program  
Advisor: Dr. Dianne Neumark-Sztainer
- 9/06-5/11 **Rutgers University, Graduate School of New Brunswick**  
*Nutritional Sciences, PhD*  
Dissertation Title: Characteristics and Disturbed/Disordered Eating Behaviors of Young Adults with and without Diet-Related Chronic Health Conditions  
Advisor: Dr. Carol Byrd-Bredbenner
- 8/05-5/06 **College of Saint Elizabeth, Graduate School**  
*Dietetic Internship, RD*  
Dietetic Internship Director: Monica Luby
- 9/01-5/05 **Rutgers University, Cook College**  
*Nutritional Sciences, B.S.*  
George H. Cook Scholar Thesis: "Impact of the RU Healthy Dining Team on Student's Nutrition Knowledge, Attitudes, and Behaviors"

## **➤ PROFESSIONAL EXPERIENCE**

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- 9/12-Present **Post-Doctoral Research Fellow, National Institutes of Health (NICHD)**  
Conceptualize, conduct secondary analyses and prepare manuscripts using cross-sectional and longitudinal data sets from the Prevention Research Branch at the Eunice Kennedy Shriver NICHD; mentor NIH post-baccalaureates
- 1/11-Present **Research Assistant, Rutgers University** (*Part-time starting 9/1/11*)  
Assist with research projects and supervise a staff of 9 undergraduate students. Research skill expertise includes application of behavior change theory, content analysis, focus groups, interviews, anthropometric and biochemical measurements, survey development, data analysis, and intervention development, implementation, and evaluation.
- 9/11-8/12 **Post-Doctoral Research Fellow, University of Minnesota**  
Conceptualize, conduct secondary analyses and prepare manuscripts using Project EAT (Eating and Activity in Teens and Young Adults) data while working closely with their research team; Participate in weekly interdisciplinary Leadership, Education, and Adolescent Health (LEAH) seminars and trainings.

- 9/10-5/11 **Sports Nutritionist, Rutgers University Athletics**  
Counseled student athletes on proper nutritional needs to obtain optimal performance. Closely worked with athletic trainers, coaches, and sports medicine doctors to address student athletes needs for nutritional guidance.
- 1/09-11/10 **Graduate Assistant, Rutgers University**  
Assisted with research projects regarding media and food advertisements directed to children, obesity prevention in young adults, and food safety education. Campus coordinator for USDA MultiState Project NC1028 (Healthy Campus Research Consortium) (Promoting healthful eating to prevent excessive weight gain in young adults) National Research Initiative intervention.
- 9/01-12/10 **Nutrition Advocate Supervisor, Rutgers University Health Services**  
Supervised student volunteers (n~40) who evaluated dietary intakes and presented nutrition education programs on campus. Supervision included organizing and creating nutrition education programs and training volunteers to implement them to peers at campus health fair events and meetings of campus organizations.
- 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 in order to meet the medical and nutritional needs of patients.
- 6/07-8/07 **Registered Dietitian, Camp NEJEDA (New Jersey Diabetes Association), Stillwater, NJ**  
Taught campers with type 1 diabetes 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.
- 7/06-8/06 **Food Service Manager, The Boy's Club of NY- Camp Cromwell**  
Supervised and instructed kitchen staff with regard to meal preparation and sanitation. Maintained kitchen inventory and communicated with food vendors.

### ➤ **PUBLICATIONS: JOURNAL ARTICLES**

1. Kornides, M., Nansel, T., **Quick, V.**, Haynie, D., Lipksy, L., Laffel, L.M., Mehta, S.N. (2013) 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*. advanced publication DOI: 10.1111/cch.12078.
2. **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 advanced publication DOI:10.1186/1479-5868-10-37.
3. **Quick, V.**, Eisenberg, M., Bucchiera, M., Neumark-Sztainer, D. Prospective Predictors of Body Dissatisfaction: Ten-year Longitudinal Findings. *Emerging Adulthood*. 2013;1(1): advanced publication DOI:10.1177/2167696813485738

4. **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.
5. **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.
6. **Quick, V.**, Loth, K., Linde, J., MacLeose, R., Neumark-Sztainer, D. Prevalence of adolescents' self-weighing behaviors and associations with weight control practices and weight-related problems. *Journal of Adolescent Health*. 2013;52(6):738-744.
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. What Foods are U.S. Supermarkets Promoting? A Content Analysis of Supermarket Sale Circulars. *Appetite*. 2013;62:160-165.
8. **Quick, V.**, Byrd-Bredbenner, C. Eating Disorders Examination Questionnaire (EDE-Q): Norms for College Students. *Eating and Weight Disorders*. 2013;18(1):29-35.
9. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. (In press) Determinants of Safe Food Handling Behaviors Among Middle School Youth. *Nutrition & Food Science*
10. **Quick, V.M.**, Byrd-Bredbenner, C. (2013) Disturbed Eating Behaviors and Associated Psychographic Characteristics of Young Adults. *Journal of Human Nutrition & Dietetics* advanced publication DOI: 10.1111/jhn.12060
11. **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.
12. **Quick, V.**, Byrd-Bredbenner, C. Weight Regulation Practices of Young Adults: Predictors of Restrictive Eaters. *Appetite*. 2012;59(2):425-430.
13. **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.
14. **Quick, V.**, Byrd-Bredbenner, C. Disturbed Eating Severity Scale (DESS) Places Disturbed Eating Risk On A Continuum. *Appetite*. 2012;59:168-176.
15. **Quick, V.**, Larson, N., Eisenberg, M.E., Hannon, P.J., Neumark-Sztainer, D. Self-Weighing Behaviors in Young Adults: Tipping the Scale Towards Unhealthy Eating Behaviors? *Journal of Adolescent Health*. 2012;51:468-474.
16. 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.
17. 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.

18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. **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.
24. **Quick, V.** Disturbed Eating Behaviors in Youth with Type 1 Diabetes. *The Research Digest Newsletter*. Summer-Fall 2010; 45(3):15-16.
25. 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.
26. 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.
27. 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.
28. 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.
29. **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. **Quick, V.**, Corda, K.W., Martin-Biggers, J., Chamberlin, B., Schanffer, D., Byrd-Bredbenner, C. (In Review) Don't Be Gross: Food safety video snacks promote peer networking and behavior change. *Journal of Food Protection*

2. **Quick, V.**, Lipsky, L.M., Laffel, L.M., Mehta, S.N., Quinn, H., Nansel, T.R. (In Review) Relationships neophobia and pickiness with dietary variety, dietary quality, and diabetes management in youth with type 1 diabetes. *European Journal of Clinical Nutrition*
3. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B., Greene, G.W., Horacek, T., Kidd, T. (In Review) Sleep duration and eating and physical activity behaviors of college students. *Public Health*
4. **Quick, V.**, Byrd-Bredbenner, C., White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B., Greene, G.W., Horacek, T., Kidd, T. (In Review) Eat, sleep, work, play: Associations of weight status and health-related behaviors among young adult college students. *American Journal of Health Promotion*
5. **Quick, V.**, Byrd-Bredbenner, C. (In Review) Disordered eating, socio-cultural media influencers, body image, and psychological factors among a racially/ethnically diverse population of college women. *Eating Behaviors*
6. **Quick, V.**, Berg, K., Bucchiera, M., Byrd-Bredbenner, C. (In Review) Comparisons of DSM-IV-TR and proposed DSM-5 eating disorder diagnoses in a diverse sample of young adults. *Advances in Eating Disorders*
7. Morrell, J., Byrd-Bredbenner, C., **Quick, V.**, Olfert, M., Dent, A., Carey, G.B. (In Review) Metabolic syndrome: Comparison of prevalence in young adults at three land-grant universities. *Journal of American College Health*

## ➤ MANUSCRIPTS IN PREPARATION

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- Caccavale, L., Nansel, T., **Quick, V.**, Haynie, D., Lipsky, L., Laffel, L.M., Mehta, S.N. (In preparation) Family meals and disordered eating in youth with type 1 diabetes. *Journal TBD*
- Loth, K., Wall, M., Chien-Wen, C., Bucchianeri, M., **Quick, V.**, Larson, N., Neumark-Sztainer, D. (In preparation) Family meals and disordered eating in adolescents: Are the benefits the same for everyone? *Journal of Academy of Nutrition & Dietetics*
- **Quick, V.**, Liu, D., Lipsky, L., Nansel, T.R., Due, P., Iaonatti, R. (In preparation) Body image and weight control in youth: 9-year international trends from 24 countries. *Journal TBD*
- Beluska, K., Martin-Biggers, J., **Quick, V.**, Tursi, M., Byrd-Bredbenner, C. (In preparation) Taking a page from journalists: Crafting headlines to entice consumers to read and use nutrition education materials. *Journal of Health Communication*
- Yorkin, M., Spaccarotella, K., Martin-Bigger, J., **Quick, V.**, Byrd-Bredbenner, C. (In preparation) Accuracy of consistency of weights provided by home bathroom scales. *Public Health Reports*
- Byrd-Bredbenner, C., Berning, J., Martin-Biggers, J., **Quick, V.** (In preparation) Food safety in home kitchens: A synthesis of the literature. *Nutrition Reviews*

## ➤ 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. (In preparation) Disordered eating and body image in cystic fibrosis. In Watson R.R. (Ed.). *Diet, Food, Nutrition and Exercise in Cystic Fibrosis*. Elsevier, 2014.

## ➤ PUBLICATIONS: PUBLISHED ABSTRACTS

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

1. **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. (2012) *Journal of the Academy of Nutrition and Dietetics*, 112(9):Supplement A27.
2. **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. (2012) *Journal of the Academy of Nutrition and Dietetics*, 112(9):Supplement A94.
3. **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. (2012) *Journal of the Academy of Nutrition and Dietetics*, 112(9):Supplement A35.
4. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Middle Schoolers' Food Safety Cognitions and Intended Behaviors: A Food Safety Computer Game Intervention. (2012) *Journal of the Academy of Nutrition and Dietetics*, 112(9):Supplement A55.
5. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. (2012) Middle Schoolers: Food Safety Cognitions and Behaviors. *Journal of Nutrition Education and Behavior*, 44(4):S51.
6. **Quick, V.**, Byrd-Bredbenner, C. Predicting Young Adults at Risk for Eating Disorders: Development of a Novel Disturbed Eating Severity Score. (2011) *Journal of the American Dietetic Association*, 111(9):Supplement 29.
7. **Quick, V.**, Corda, K., Byrd-Bredbenner, C. Evaluation of an Innovative Food Safety Computer Game for Middle Schoolers. (2011) *Journal of the American Dietetic Association*, 111(9): Supplement 96.
8. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University Food Environment: An Assessment of Beverages Sold in Vending Machines. (2011) *Journal of the American Dietetic Association*, 111(9): Supplement A-46.
9. **Quick, V.**, Weiner, A., Shu, E., Byrd-Bredbenner, C. Healthfulness of the Food Environment On/Near A University Campus. (2011) *Journal of the American Dietetic Association*, 111(9): Supplement 69.

10. **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. (2011) *Journal of the American Dietetic Association*, 111(9): Supplement 23.
11. **Quick, V.**, Corda, K.W., Byrd-Bredbenner, C. Kitchen Ninja (KN) to the Rescue: Development and Formative Evaluation of a Food Safety (FS) Education Game Targeting Middle School Youth. (July/August 2011) *Journal of Nutrition Education and Behavior*, 43(4S1): S37.
12. **Quick, V.**, Byrd-Bredbenner, C. Disturbed Eating in Young Adults: A Predictive Model for Determining Those at Risk for Eating Disorders. (July/August 2011) *Journal of Nutrition Education and Behavior*, 43(4S1): S37.
13. Kattelman, K.K., Mortinsen, K., Phillips, B., Greene, G.W., Shelnett, K.P., Olfert, M., Esters, O., Nitzke, S., Horacek, T., **Quick, V.**, 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. (July/August 2011) *Journal of Nutrition Education and Behavior*, 43(4S1): S33.
14. **Quick, V.**, Byrd-Bredbenner, C.. Behavioral Factors Affecting Young Adults' Health and Body Weight: A PRECEDE-PROCEED Framework Approach. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-76.
15. **Quick, V.**, Weiner, A., Shu, E., Horacek, T., Byrd-Bredbenner, C. University Food Environment: An Assessment of the Nutrient-Density of Vending Machine Foods. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-52.
16. 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. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-113.
17. Maurer Abbot, J., **Quick, V.**, Byrd-Bredbenner, C. What Do Middle Schoolers and Their Parents Know About Safe Food Handling? (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-69.
18. 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. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-61.
19. Szymona, K., **Quick, V.**, Byrd-Bredbenner, C. Assessment of Health-Related Advertising on a University Campus. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-79.
20. 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). (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-24.

21. 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. (2010) *Journal of the American Dietetic Association*, 110(9): Supplement A-89.
22. **Quick, V.** Disordered Eating Among Youth with Diet-Related Health Conditions. (2009) *Journal of the American Dietetic Association*, 109(9):Supplement A35.
23. 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. (2009) *Journal of the American Dietetic Association*, 109(9):Supplement A63.
24. **Quick, V.**, Byrd-Bredbenner, C. Effect of Photographs of Thin and Heavy Fashion Models on Body Satisfaction and Self-esteem in Young Women. (2008) *Journal of the American Dietetic Association*, 108(9):Supplement A45.
25. Montone, K., Ginsburg, S., **Quick, V.**, Shea, S. College Snacking At It's Best. (2004) *Journal of the American Dietetic Association*, 104(2):Supplement 43.

## ➤ PROFESSIONAL PRESENTATIONS

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

1. **Quick, V.**, Lipsky, L.M., Nansel, T.R., Quinn, H., Laffel, L.M., Mehta, S.N. (October 2013, Accepted) Relationships among neophobia, pickiness, dietary variety and dietary quality in youth with type 1 diabetes. Food and Nutrition Conference Expo, Houston, TX.
2. **Quick, V.**, Bryd-Bredbenner, C., Brown, O., Colby, S., Horacek, T., Shoff, S., White, A.A., Lohse, B., Greene, G.W., Kidd, T. (October 2013, Accepted) Relationships Among Sleep Duration, Weight-Related Behaviors, and BMI in College Students. Food and Nutrition Conference Expo, Houston, TX.
3. **Quick, V.**, Heller, R., Corda, K., Martin-Bigger, 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 (October 2013, Accepted) Food and Nutrition Conference Expo, Houston, TX.
4. **Quick, V.**, Byrd-Bredbenner, C. (October 2013, Accepted) Vegetarians and vegans: Are they at increased risk for disordered eating and poor psychological well-being? Food and Nutrition Conference Expo, Houston, TX.
5. Byrd-Bredbenner, C., **Quick, V.**, White, A.A., Brown, O., Colby, S., Shoff, S., Lohse, B.; Greene, G.W., Horacek, T., Kidd, T. (September 2013, Accepted) Eat, sleep, work, play: Relationships among health-related behaviors of young adults by weight status. International Congress of Nutrition, Granada, Spain.
6. **Quick, V.**, Heller, R., Corda, K., Martin-Biggers, J., Byrd-Bredbenner, C. (April 2013) Friends matter: Food safety (FS) cognitive and behavioral influences among youth. Experimental Biology, Boston, MA.
7. **Quick, V.**, Byrd-Bredbenner, C. (April 2013) Eating attitudes, behaviors, and associated psychographic characteristics of college students: Are there differences in those with and without nutrition majors? Experimental Biology, Boston, MA.

8. **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
9. **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
10. 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.
11. 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
12. **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.
13. **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.
14. **Quick, V.**, Byrd-Bredbenner, C. (April 2012) Weight regulation practices of young adults: Predictors of restraint eaters. Experimental Biology, San Diego, CA.
15. **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.
16. **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.
17. **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
18. **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
19. **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.

20. **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.
21. **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.
22. **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.
23. **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.
24. **Quick, V.**, Wiener, A., Shu, E., Byrd-Bredbenner, C. (May 2010) The Rutgers University Food Environment. New Jersey Dietetic Association, New Brunswick.
25. **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
26. **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.
27. 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.
28. **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.
29. 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.
30. 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.
31. **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.
32. **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.
33. 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.
  34. **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.
  35. **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.
  36. **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.
  37. 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
  38. 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.
  39. **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.
  40. **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.
  41. **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.
  42. 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.
  43. **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.

44. **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.
45. **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.
46. **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.

### ➤ **TEACHING EXPERIENCE**

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| 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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|----------------------|---|
| 2012- <i>Present</i> | Jessie Popelka, Dietetic Internship/Masters in Nutritional Sciences program, West Virginia University (Thesis Committee member) |
| 2012                 | Meredith Yorkin, George H. Cook Thesis Project, Nutritional Sciences Department, Rutgers University                             |
| 2012                 | Hannah Borowsky, Winter intern, Division of Epidemiology and Community Health, University of Minnesota                          |
| 2011                 | Elena Shu, BS, Public Health undergraduate student at Rutgers University  |
| 2010                 | Katie Szymona, MPH, RD, Masters of Public Health student at UMNDJ, Rutgers University   |
| 2009-2011            | Supervise staff of 9 undergraduate students in research lab at Rutgers University   |

### ➤ **FUNDED GRANTS**

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*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 total costs.

### ➤ **JOURNAL REVIEWER**

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Health Education  
 Journal of Nutrition Education & Behavior  
 Applied Economic Perspectives & Policy  
 International Journal of Obesity  
 Archives for Pediatrics & Adolescent Medicine  
 Appetite

Pediatric Obesity  
 Pediatric Diabetes  
 Journal of Public Health and Epidemiology  
 Psychiatry Research  
 Psychology Research and Behavior Management  
 Perspective in Public Health  
 The Journal of Early Adolescence  
 Journal of Adolescence Health

### ➤ HONORS AND SCHOLARSHIPS

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October 2012 First Author Award from the Research Dietetics Practice Group  
 May 2012 Nominated for the Early Career Poster Award at International Society of Behavioral Nutrition and Physical Activity Conference  
 April 2012 Post-Doctoral 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 ADA Foundation PatsyJane O'Malley Memorial Scholarship  
 2008-2009 Kappa Omicron Nu Research Fellowship for Doctoral Study  
 2007-2008 Teaching Assistant Award  
 2005-2006 Vincentian Scholarship~College of Saint Elizabeth  
 2005 Outstanding Dietetic Student Award- Didactic Program in Dietetics for 2005  
 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.  
 2004-2005 Undergraduate Research Fellowship Grant

### ➤ OTHER PROFESSIONAL ACTIVITIES

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#### Media Interviewee

2012 (April) Health Behavior News Service  
 2012 (April) SPH Public Health Moment Podcast Interview (University of Minnesota)

#### Workshops/Seminars

2012 (March) Post-Doc Training Workshop, Bethesda, MD (NIH)

### ➤ PROFESSIONAL ORGANIZATIONS

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2012-*Current* American Society of Nutrition, **Post-Doctoral Representative**  
 2011-*Current* Society of Nutrition Education & Behavior  
 2010-*Current* Academy of Eating Disorders member  
 2010-2011 Binge Eating Disorder Association 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

➤ **TRAINING MATERIALS DEVELOPED**

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

[http://www.csrees.usda.gov/nea/food/sri/nutrition\\_sri\\_NC\\_research\\_project.html](http://www.csrees.usda.gov/nea/food/sri/nutrition_sri_NC_research_project.html)