

BETH A. CONLON, PHD, MS, RDN

Adjunct Professor in Foods & Nutrition
Saint Elizabeth University | New York University
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EDUCATION

- 2011–2015 **Doctor of Philosophy, Clinical Investigation**
Albert Einstein College of Medicine, Bronx, NY
Pre-Doctoral Fellow in the Clinical and Translational Research Program
Mentor: Judith Wylie-Rosett, EdD, RD
Doctoral Dissertation: *The Role of the Home Environment in Pediatric Weight Management Among Low-Income, Overweight and Obese Youth*
- 2006–2009 **Master of Science in Nutrition**
Didactic Program in Dietetics
Marywood University, Scranton, PA
Master's Thesis: *Maternal Feeding Practices and Child BMI in a Low-Income Community*
- 2008–2009 **Dietetic Internship**
College of Saint Elizabeth, Morristown, NJ
- 2002–2006 **Bachelor of Arts in English**
Biology Minor
Saint Joseph's University, Philadelphia, PA

CERTIFICATION

Registered Dietitian, since 2009, Registration Number 1000047

EMPLOYMENT

- 2020-Current **Adjunct Professor**
Department of Foods and Nutrition
M.S. in Nutrition/Dietetic Internship Program (MS/DI), Didactic Program in Dietetics
Saint Elizabeth University (formally College of Saint Elizabeth), Morristown, NJ
- 2017-Current **Adjunct Professor**
Department of Nutrition and Food Studies
M.S. in Nutrition and Dietetics
New York University Steinhardt, NY, NY

- 2018-2020 **Assistant Professor**
Department of Foods and Nutrition
M.S. in Nutrition/Dietetic Internship Program (MS/DI), Didactic Program in Dietetics
College of Saint Elizabeth, Morristown, NJ
- 2017-2018 **Visiting Assistant Professor**
Department of Foods and Nutrition
M.S. in Nutrition/Dietetic Internship Program (MS/DI), Didactic Program in Dietetics
College of Saint Elizabeth, Morristown, NJ
- 2016–2017 **Postdoctoral Fellow in Clinical Nutrition Sciences**
Nutrition Translation and Concept Generation Unit
Nestlé Health Science, Florham Park, NJ
- 2010–2014 **Outpatient Oncology Nutrition Consultant**
Bronx Oncology Living Daily (BOLD) Healthy Living Program
Albert Einstein Cancer Center, Bronx, NY
- 2010–2012 **Pediatric Nutrition Consultant**
Early Head Start Program
Grand Street Settlement, New York, NY
- 2010–2011 **Research Assistant in Molecular Pharmacology**
Department of Molecular Pharmacology
Albert Einstein College of Medicine, Bronx, NY
Principal Investigators: Susan Horwitz, PhD; Hayley McDaid, PhD
- 2009–2010 **Research Assistant in Molecular Systems Biology**
Institute of Molecular Systems Biology
Swiss Federal Institute of Technology, Zurich, Switzerland
Principal Investigator: Nicola Zamboni, PhD

TEACHING, MENTORING, AND PRECEPTOR EXPERIENCE

- 2017 **Mentor and Program Co-developer**
High School Internship Program
Nestlé Health Science, Nestlé Product Technology Center, Bridgewater, NJ
- 2017 **Mentor**
Experiential Learning Center Mentoring Program
College of Saint Elizabeth, Morristown, NJ

- 2015 **Mentor**
M.D. Program, Albert Einstein College of Medicine, Bronx, NY
- 2015 **Preceptor**
Internship Program, Master of Public Health, Lehman College, Bronx, NY
Site: Department of Pediatrics, Jacobi Medical Center, Bronx, NY
- 2015 **Teaching Assistant**
Course: Responsible Conduct of Research
Albert Einstein College of Medicine, Bronx, NY
- 2014 **Preceptor**
Internship Program, The Bronx High School of Science, Bronx, NY
Site: Albert Einstein College of Medicine, Bronx, NY
- 2013 **Teaching Assistant and Curriculum Co-Developer**
Course: Nutritional Epidemiology
Albert Einstein College of Medicine, Bronx, NY

PROFESSIONAL AFFILIATIONS

- Academy of Nutrition and Dietetics
- New Jersey Academy of Nutrition and Dietetics
- Research Dietetic Practice Group
- Pediatric Nutrition Dietetic Practice Group

HONORS AND AWARDS

- 2013–2014 **Glenda Bible Memorial Scholarship**, Pediatric Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics
- 2012–2013 **Commission on Dietetic Registration Doctoral Scholarship**, Academy of Nutrition and Dietetics Foundation
- 2011 **Invited Participant**, Nutrition and Cancer Prevention Research Practicum, National Institutes of Health, Bethesda, MD
- 2008–2009 **Graduate Student Scholarship**, Academy of Nutrition and Dietetics Foundation
- 2008–2009 **Vincentian Scholarship**, College of Saint Elizabeth
- 2007– **Alpha Epsilon Lambda Graduate Students Honor Society**,
Marywood University
- 2007– **Kappa Omicron Nu Honor Society**, Marywood University
- 2007–2009 **Immaculate Heart of Mary Scholarship**, Marywood University
- 2002–2006 **Merit Scholar**, Saint Joseph's University

REFEREED CONTRIBUTIONS

1. **Conlon BA (ed).** (2020). *Chapter 5: Program Planning for Success*. In: Boyle MA (ed). *Community Nutrition in Action: An Entrepreneurial Approach*. 8th ed. Cengage Learning; 2020.
2. Lam S, Conlon, B, Buisson A. Sulforaphane Supplementation and Prevention of Prostate Cancer. *Oncology Nutrition Connection*. 2019; 26(2):14-20.
3. Conlon BA, McGinn AP, Isasi CR, et al. Home Environment Factors and Health Behaviors of Low-income, Overweight, and Obese Youth. *Am J Health Behav*. 2019;43(2):420-436. doi: 10.5993/AJHB.43.2.17.
4. Kuchnia A, Conlon BA, Greenberg N. Natural Bioactive Food Components for Improving Enteral Tube Feeding Tolerance in Adult Patient Populations. *Nutr Clin Pract*. 2018;33(1):107-120. doi: 10.1177/0884533617722164
5. Wylie-Rosett J, Groisman-Perelstein AE, Diamantis PM, Gonzalez CC, Ginsberg M, Conlon BA, Mossavar-Rahmani Y, Isasi CR, Viswanathan S, Matthan NR, Lichtenstein AH. Embedding weight management into safety-net pediatric primary care: randomized controlled trial. *Int J Behav Nutr Phys Act*. 2018;15(1):12. doi: 10.1186/s12966-017-0639-z
6. Conlon BA, McGinn AP, Lounsbury D, Diamantis PM, Groisman-Perelstein AE, Wylie-Rosett J, Isasi CR. The Role of Parenting Practices in the Home Environment Among Underserved Youth. *Child Obes*. 2015;11(4):394-405. doi: 10.1089/chi.2014.0093
7. Conlon BA, Kahan M, Martinez M, Isaac K, Rossi A, Skyhart R, Wylie-Rosett J, Moadel AB. Development and Evaluation of the Curriculum for BOLD (Bronx Oncology Living Daily) Healthy Living: A Diabetes Prevention and Control Program for Underserved Cancer Survivors. *J Cancer Educ*. 2015;30(3):535-45. doi: 10.1007/s13187-014-0750-7
8. **Conlon BA**, Beasley JM, Aebersold K, Jhangiani SS, Wylie-Rosett J. Nutritional Management of Insulin Resistance in Nonalcoholic Fatty Liver Disease (NAFLD). *Nutrients*. 2013;5(10):4093-4114. doi 10.3390/nu5104093
9. Wylie-Rosett J, Aebersold K, **Conlon B**, Isasi CR, Ostrovsky NW. Health Effects of Low-Carbohydrate Diets: Where Should New Research Go? *Curr Diab Rep*. 2013 Apr; 13(3): 271-278. doi: 10.1007/s11892-012-0357-5
10. Wylie-Rosett J, Aebersold K, **Conlon B**, Ostrovsky NW. Medical Nutrition Therapy for Youth with Type 1 Diabetes Mellitus: More than Carbohydrate Counting. *J Acad Nutr Diet*. 2012 Nov;112(11):1724-7. doi: 10.1016/j.jand.2012.07.033
11. Wylie-Rosett J, Aebersold KB, **Conlon BA**. Diabetes Prevention: How Important is Geographic Divergence Regarding the Role of Fish Intake? *Diabetes care*. 2012 Apr;35(4):666-8. doi 10.2337/dc11-2485.
12. **Conlon, BA**. Malnutrition and Malabsorptive Diarrhea in Pancreatic Cancer. *Oncology Nutrition Connection*. Oncology Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. Fall 2010; 18(4): 10-21.

NON-REFEREED CONTRIBUTIONS

1. **Conlon BA (ed).** (2021). Instructor *PowerPoint Slides for Textbook: Program Planning for Success*. Boyle MA (ed). *Community Nutrition in Action: An Entrepreneurial Approach*. 8th ed. Cengage Learning; 2020.
2. **Conlon BA**, Swanson J. Nutritional Foundation for Nestle Health Science: Frequently Asked Questions. *Nestlé Nutrition Network NewsFLASH*. June 2016.

3. Lounsbury DW, **Conlon BA**, Wylie-Rosett J. (2015). *Using Systems Thinking to Understand the Dynamics of Obesity in Low and Middle Income Countries*. In: Sunil S. Jhangiani & Judith Wylie-Rosett, (Eds.), *Obesity & Disease in an Inter-Connected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities*. Oak Park, IL: Bentham Science Publishers.
4. Beasley J, **Conlon BA**. *The Healthy Diet: Easy as 1, 2, and 3*. (2015) In Sunil S. Jhangiani & Judith Wylie-Rosett, (Eds.), *Obesity & Disease in an Inter-Connected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities*. Oak Park, IL: Bentham Science Publishers.
5. **Conlon BA**, Colpaart A. Substituting Palm Oil for Trans Fat. *Today's Dietitian*. July 2014;16(7):20-23. Available at URL: <http://www.todaysdietitian.com/newarchives/070114p20.shtml>. Accessed September 24, 2014
6. **Conlon BA**. Letter from the Editor. *Figs and Olive*. Muslims in Dietetics and Nutrition Member Interest Group of the American Dietetic Association. Fall 2010; 2(1): 1-2.

PRESENTATIONS AND POSTERS

1. Lam S, **Conlon, B**, Buison A. *Sulforaphane Supplementation and Prevention of Prostate Cancer*. Abstract for poster presented at the 87th Annual Meeting of the New Jersey Academy of Nutrition and Dietetics, Somerset, New Jersey: May 2019.
2. **Conlon BA**, Isasi CR, McGinn, AP, Lounsbury D, Mossavar-Rahmani Y, Diamantis PM, Groisman-Perelstein AE, Wylie-Rosett J. *Home Environment Factors Associated with Dietary and Physical Activity Behaviors of Low-Income, Overweight and Obese Bronx Youth*. Abstract for poster presented at the New York City Obesity Forum, Icahn School of Medicine at Mount Sinai; New York, NY: September 2016.
3. **Conlon BA**, Isasi CR, McGinn, AP, Lounsbury D, Mossavar-Rahmani Y, Diamantis PM, Groisman-Perelstein AE, Wylie-Rosett J. *Effects of a Randomized Family Weight Management Program on the Home Environment Among Low-Income, Overweight and Obese Youth*. Predoctoral oral presentation at the Association for Clinical and Translational Science conference; Washington, D.C: April 2015.
4. **Conlon BA**, Isasi CR, McGinn, AP, Lounsbury D, Mossavar-Rahmani Y, Diamantis PM, Groisman-Perelstein AE, Wylie-Rosett J. *Effects of a Randomized Family Weight Management Program on the Home Environment Among Low-Income, Overweight and Obese Youth*. Abstract for poster presented at the Association for Clinical and Translational Science conference; Washington, D.C: April 2015.
5. **Conlon BA**, Isasi CR, McGinn, AP, Lounsbury D, Mossavar-Rahmani Y, Diamantis PM, Groisman-Perelstein AE, Wylie-Rosett J. *Associations Between the Home Environment, Children's Health Behaviors, and BMI z-score Among Overweight/Obese and Underserved Bronx Youth*. Abstract for poster presented at the New York City Epidemiology Forum; Mailman School of Public Health, Columbia University; Bronx, NY: February 2015.
6. Colpaart A, Barclay B, **Conlon BA** (session moderator). *Trading Trans Fats for Palm Oil: Harmful to Public Health?* Presentation delivered at the Food and Nutrition Conference and Expo; Academy of Nutrition and Dietetics; Atlanta, GA: October 2014.
7. **Conlon BA**, Isasi, C, McGinn, AP, Lounsbury, D, Wylie-Rosett, J. *Associations Between Parenting Strategies and the Home Environment among Overweight and Obese Children*. Abstract for poster presented at the New York City Epidemiology Forum, Icahn School of Medicine at Mount Sinai; New York, NY: February 2014.
8. **Conlon BA**, Isasi, C, McGinn, AP, Lounsbury, D, Wylie-Rosett, J. *Associations Between Parenting Strategies and the Home Environment Among Overweight and Obese Children*. Abstract for poster

presented at the Institute for Clinical and Translational Research Symposium, Albert Einstein College of Medicine; Bronx, NY: November 2013.

9. **Conlon BA**, Kahan M, Martinez M, Isaac KS, Wylie-Rosett J, Moadel A. *A BOLD Initiative: Development of the Nutrition Education Curriculum for a Diabetes Prevention and Control Program in an Underserved Community of Cancer Survivors*. Oral panel presentation delivered at the Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics; Philadelphia, PA: October 2012.
10. **Conlon BA**, Legrier ME, Rodriguez-Gabin AG, Palacios GR, Horwitz SB, McDaid HM. *Loss of TSC2 Function Predicts Optimal Therapeutic Response to Combinations of MEK and mTOR Inhibitors*. Poster abstract presented at the American Association for Cancer Research Annual Meeting; Orlando, Fl: April 2011.
11. **Conlon BA**. *Phenylketonuria: Product Development and Consumer Consumption*. Poster presented at the New Jersey Dietetic Association Annual Meeting; New Brunswick, NJ: May 2009.

FUNDING

NIH/NIDDK DK075981-02 (WYLIE-ROSETT J, PI); 05/2009–08/2015

Title: Comprehensive Approach to Family Weight Management (ClinicalTrials.gov Identifier NCT00851201)

Role: Co-Investigator

This project was a randomized clinical trial to test the effectiveness of a multicomponent behavioral family weight management program using community health workers to reduce overweight and obesity in low-income, ethnic minority children.

8TL1TR000087-05, 1 TL1TR001072-01, 5TL1TR001072-02 (SHAMOON H, PI);
05/2012–04/2015

Title: Clinical and Translational Science Award-T32 Program (TL1)

Role: Predoctoral Fellow

Institutional National Research Service Award to provide predoctoral research training in clinical and translational science.

Mount Sinai School of Medicine's Communities IMPACT Diabetes Center Legacy Grant
(MOADEL A, PI); 01/2011–12/2011

Role: Consultant

Title: The Bronx Oncology Living Daily (B.O.L.D.) Healthy Living Project: A Diabetes Prevention Initiative

This project developed and piloted a culturally tailored lifestyle (fitness/nutrition) intervention for underserved cancer survivors at risk for or diagnosed with diabetes.

PROFESSIONAL LEADERSHIP AND VOLUNTEER

- **President**, Long Hill Education Foundation, 2020-Current
- **Committee Member, Fetal and Infant Mortality Review Board**, Partnership for Maternal & Child Health of Northern New Jersey, 2020-21

- **Co-Chair of Grants & Scholarship Committee**, Junior League of Summit, NJ, 2020-21
- **Co-Chair of Student Wellness Club**, Saint Elizabeth University, Morristown, NJ, 2019-current
- **Volunteer**, Interfaith Food Pantry, Morristown, NJ, Nestlé Health Science, 2016
- **Treasurer**, Toastmasters Chapter of the Albert Einstein College of Medicine, 2014–2015
- **Subject Matter Expert Reviewer**, Continuing Professional Education (CPE) Product (Healthy Eating During Ramadan Toolkit), Academy of Nutrition and Dietetics, 2013
- **Secretary**, Muslims in Dietetics and Nutrition Member Interest Group, Academy of Nutrition and Dietetics, 2012 – 2013
- **Treasurer**, Muslims in Dietetics and Nutrition Member Interest Group, Academy of Nutrition and Dietetics, 2011 – 2012
- **Newsletter Editor**, Muslims in Dietetics and Nutrition Member Interest Group, Academy of Nutrition and Dietetics, 2010–2013
- **Newsletter Article Editor**, Oncology Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics, 2008–2010

AD HOC REVIEWER OF JOURNALS

British Journal of Medicine and Medical Research, Childhood Obesity, Diabetes Care, International Journal of Behavioral Medicine, Journal of Nutrition Education and Behavior, Nutrients, PLOS ONE

SOFTWARE PROFICIENCIES

- STATA
- SPSS
- EndNote
- Microsoft Office