

Kathy Keenan Isoldi, PhD, RDN

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WORK EXPERIENCE

09/10 – 03/16 04/16- Present	Assistant Professor Associate Professor Full-time, tenured faculty member. Research and teaching focused on obesity management and counseling skill development.	Long Island University Department of Nutrition Brookville, NY
08/96- 08/10	Coordinator- Clinical Nutrition Services Responsible for the implementation and evaluation of nutritional services in a high volume, obesity out-patient center. Responsible for program development and direct patient care of adult and pediatric clients. Part of professional team that developed BMIQ.com (online program).	Comprehensive Weight Control Program- Affiliated with Columbia Presbyterian-Weill/Cornell Medical College New York, NY
09/07- 05/10	Adjunct Professor Taught graduate level course focused on pediatric and adult weight management.	New York University New York, NY
03/09-03/10	Consultant Developed, conducted and evaluated nutrition education workshops for school children aimed at reducing obesity and type 2 diabetes prevalence in a high-risk minority population.	North General Hospital Diabetes in Children Prevention Grant New York, NY
2001-2004	Contributing Editor Developed and wrote nine full-length feature articles focused on health issues.	Woman’s Day Magazine Filipacchi Publishing New York, NY
12/87-07/96	Nutrition Consultant Provided nutrition counseling to obese adults and children.	Comprehensive Weight Control Program- Affiliated with New York Presbyterian-Weill/Cornell Medical College New York, NY

08/84- 09/87	Coordinator- Clinical Nutrition Services Responsible for staff of clinical dietitians who serviced a 1,000 bed in-patient hospital. Member of upper management team. Played integral role in designing, implementing and evaluating patient care programs.	New York Presbyterian Hospital New York, NY
08/81-07/84	Staff Dietitian Responsible for nutrition evaluation and teaching of approximately 80 in-patients daily; including, pediatrics, general medicine and cardiac care.	New York Presbyterian Hospital New York, NY

MEDIA APPEARANCES

11/29/09 Repeated 7/18/10	CBS- Sunday Morning Served as key expert in a five minute television segment guiding Mo Rocca towards healthier food choices.	CBS Television Studios New York, NY
02/01-04/01 & 02/02-04/02	CBS- The Early Show Designed and implemented an eight-week weight loss program for web and television viewers in 2001 and 2002. Individually guided eight participants who were highlighted on-air. Appeared in live television segments.	CBS Television Studios New York, NY
02/99-05/99	ABC- Good Morning America Designed and implemented a 16-week weight loss program for ABC employees. This program was brought to web and television viewers weekly. Guided ten participants following the program. Appeared in live television segments.	ABC Television Studios New York, NY

EDUCATION

09/04- 05/10	Doctoral Program Doctorate in Nutrition and Dietetics Date of degree conferral; May, 2010	New York University Steinhardt School of Culture, Education and Human Development
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Dissertation Title

Childhood Obesity and the School Food Environment: Foods Offered and Consumed During Classroom Celebrations and Perspectives Regarding Wellness Policy Implementation.

09/05-05/07	Teaching Assistant Part-time teaching fellow. Served as instructor for Nutrition-Focused Human Physiology for undergraduate students.	New York University Steinhardt School of Culture, Education and Human Development New York, NY
05/96- 09/11	Certified Diabetes Educator Certified in diabetes education	National Certification Board for Diabetes Educators
09/82-01/84	Masters of Science Clinical Nutrition	New York University Steinhardt School of Education New York, NY
10/80-08/81	Dietetic Internship Dietetic Intern- general program	New York Hospital New York, NY
09/76-06/80	Bachelor of Arts Nutrition	Queens College of the City University of New York Queens, NY

PUBLICATIONS- BOOKS

The Woman's Day Weight Loss Plan: Lose Weight, Eat Right, Be Fit and Feel Great at Every Stage of Life. Filipacchi Publishing. 2003; Revised and released in paperback in 2007.

PEER-REVIEWED PUBLICATIONS

Isoldi KK, Dolar V. Cooking Up Energy® with predominately Latino youths during afterschool hours. *Am J Health Behav*, 2016, revised manuscript under review.

Nicolaidou K, **Isoldi KK**, Ramer N, Sarcona S. The role of perilipins in the development of obesity and obesity-related diseases. *Top Clin Nutr.* 2016; in press.

Isoldi, KK, Dolar V. Blending better beverage options: A nutrition education and experiential workshop for youths. *Journal of Obesity.* Volume 2015, Open-Access, Article ID# 351734.

Isoldi KK, Hayman L, Dolar V. Policy regulation of classroom celebrations: parental perspectives. *Health Behavior & Policy Review.* 2014;1(5);362-372.

Isoldi KK, Calderon O, Dolar V. Cooking Up Energy®: response to a youth-focused afterschool cooking and nutrition education program. *Top Clin Nutr.* 2014;29(2):123-131.

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Isoldi KK, Dalton S. Calories in the classroom: foods offered and consumed during classroom parties at an elementary school in a low-income, urban community. *Childhood Obesity.* 2012;8(4):378-383.

Isoldi KK, Dalton, S, Rodriquez, D, Nestle, M. A closer look at classroom “cupcake” celebrations: foods offered and consumed. *J Nutr Educ Behav.* 2012;44(1):71-75.

Wadden TA, Aronne JL, **Isoldi KK**. When prevention fails: obesity treatment strategies. *Am J Med.* 2009;122(4A):S24-S32.

Isoldi KK, Aronne LJ. The Challenge of treating obesity: the endocannabinoid system as a potential target. *J Am Diet Assoc.* 2008;108:823-831.

Aronne LJ, **Isoldi KK**. Overweight and obesity: key components of cardiometabolic risk. *Clin Cornerstone.* 2007;8(3):29-37.

Aronne LJ, Brown VW, **Isoldi KK**. Cardiovascular disease in obesity: a review of related risk factors and risk-reduction strategies. *J Clin Lipid.* 2007;1:575-582.

Aronne LJ, **Isoldi KK**. Cannabinoid-1 receptor blockade in cardiometabolic risk reduction: efficacy. *Am J Cardiol.* 2007;100(12)Suppl 1:S18-S26.

Aronne LJ, **Isoldi KK**. The endocannabinoid system as a mechanism regulating appetite and energy balance. *Bariatric Times.* 2007;4(5):10-14. Available at <http://bariatrictimes.com/the-endocannabinoid-system-as-a-mechanism-regulating-appetite-and-energy-balance>.

Isoldi KK, Aronne LJ. Struggling to maintain lost weight. *Bariatric Times.* 2007;4(8):1, 24-27. Available at <http://bariatrictimes.com/struggling-to-maintain-lost-weight>.

TEXTBOOK CHAPTERS

Isoldi, KK. Food, Behavior and Obesity: The Nutrition Professional to the Rescue. In: Nutrition and Weight Management for the Curious: Why Study Nutrition and Weight Management? ISBN 978-1-925128-09-3).

Isoldi KK, Burrowes J. Counseling Approaches: In: *Nutrition for Kidney Disease*, 2nd edition. Eds. Byhan-Gray, Burrowes & Chertow. New York, NY: Springer; 2014, pg 413-426.

Aronne LJ, **Isoldi KK**, Roarke D. Therapeutic Options for Treating Obesity and Cardiometabolic Risk. In: *The Johns Hopkins Textbook of Dyslipidemia*. Philadelphia, PA: Lippincott Williams & Wilkins; 2010:277-291.

Aronne LJ, Waitman J, **Isoldi KK**. Pharmacologic Treatment of Obesity. In www.Endotext.org. 2008. Available at <http://www.endotext.org/obesity/obesity15b/obesityframe15b.htm>.

JOURNAL REVIEWER

Topics in Clinical Nutrition (reviewer since 09/05; Editorial Board Member since 03/13)

Obesity (since 09/08)

Journal of Nutrition Education and Behavior (since 01/12)

Journal of Renal Nutrition (since 12/13)

Health Behavior & Policy Review (since 9/14)

Eating and Weight Disorders (since 7/2015)

Appetite (since 5/2016)

AWARDS

Gold Heart Award- for offering experiential learning experiences to students, Long Island University/Post, 2014

Dissertation Award- Nominated for Outstanding Dissertation Award, New York University, 2010

Recipient of Dean's Grant for Graduate Student Research Award- Steinhardt School of Culture, Education and Human Development. New York University, 2006

Home Economics Department Alumnae Award in memory of Dean Margaret Kiely. Queens College of the City University of New York, 1980

ON GOING RESEARCH

Isoldi, KK- PI

Dolar V- Co-Investigator

September 2011- Present

Long Island University/ Post

Cooking Up Energy/Glen Cove and Oyster Bay Boys and Girls Clubs

Program aims to empower youths 6-16 years of age with cooking skills focused on the preparation of healthy foods. Health messages are embedded in conversations held while children are eating the foods they've helped to prepare. Program investigates whether participating in a 10-week healthy cooking and nutrition education program will affect anthropometric measurements, food choice and meal preparation frequency. A total of 319 youth participants have completed the program. Year one data are published, a revised manuscript detailing year two outcomes is under review, year three data are being analyzed and years four and five data are being compiled.

Funded through the Dean's Discretionary Grant from the School of Health Professions and Nursing at LIU (\$26,250; 9/11- 12/2012) and the Bahnik Foundation (\$42,500; 1/2013-5/2016). A total of \$50,000 has been awarded for 6/2016-6/2018. Total Award for Cooking Up Energy- \$118,750.

COMPLETED RESEARCH

Dolar V- PI

October 2014- June 2015

Isoldi, KK- Co-Investigator

Long Island University/Post

The College Campus Food Environment and Weight Gain

This study aim was to offer students on campus nutrition education as a means of reducing weight gain while on campus, including those who live on campus as well as those who commute to school. This study began in the fall of 2014.

Research funded by Faculty Sponsored Research Fund (\$1800; October 2014- June 2015)

Isoldi, KK- PI

June 2013- August 2013

Dolar V- Co-Investigator

Long Island University/Post

Blending Better Beverage Options investigated the impact of a 2-hour long nutrition education and hands-on healthier beverage preparation and tasting class during a summer program at a local Boys and Girls Club. There were 128 male and female participants aged 6-14 years who participated and provided pre-and post-program survey data for impact analysis. Results from this investigation have been published.

Research funded (\$900; June-August, 2013) through the Boys and Girls Club at Glen Cove.

Isoldi, KK- PI

June 2011- March 2012

Long Island University/Post

Cooking Experiences at Summer Camp: Influence on the Home Environment investigated the effect of cooking experiences during summer camp on food-related behaviors in children 8-12 years old. Funded through a Faculty Research Award/Long Island University (\$1,470; March 2011- March, 2012)

Isoldi, KK- PI

September 2008- June 2009

New York University

Childhood Obesity and the School Food Environment: Foods Offered and Consumed During Classroom Celebrations and Perspectives Regarding Wellness Policy Implementation. A dissertation research project investigating foods offered and consumed during classroom celebrations at an elementary school in a low-income, Latino community were explored. The research included an analysis of a survey conducted with parents to examine their perspectives regarding classroom celebrations. Finally, thoughts and concerns regarding the incorporation of school wellness polices, with a focus on a policy regulating classroom celebrations were obtained from teachers and school administrators.

Isoldi, KK- PI

March 2007- June 2007

New York University

Response to the Addition of Fresh Fruit to the Party Food Table at Classroom Celebrations in Pre-Kindergarten and Kindergarten Classrooms was a brief, pilot study that looked at students'

response to being offered low-density, nutrient-rich foods alongside high-density, low-nutrient food and beverage items during classroom celebrations.

Funded through a Dean's Grant Award (\$1,000) from the School of Culture, Education and Human Development, New York University.

Recent Conference Presentations

- *Battling Childhood Obesity: Effectively Translating Messages of Success to Children and Families (March 5th, 2016; Long Island Dietetic Association; Smithtown, NY).* Presented a four hour long workshop to Registered Dietitians, Dietetic Technicians, Registered and nutrition students. The workshop was approved for 4.0 professional continuing education hours through the Commission on Dietetic Registration for the Academy of Nutrition and Dietetics (activity #124273). The workshop focused on the causes of childhood obesity, along with prevention interventions that show promise. Presented data from the Cooking Up Energy® program within the context of successful obesity prevention programs. In addition, reviewed the principles and application of Motivational Interviewing strategies to promote behavior change in children during this workshop.
- *Childhood Obesity Prevention and the Home Day Care Environment: Using Motivational Interviewing Techniques with Providers to Prompt Healthy Habits (September 18th, 2015; Albany, NY).* Presented a three-hour long workshop to Registered Dietitians/Nutritionists working for the New York State, Eat Well/Play Hard program. The presentation was approved for 3.0 professional continuing education hours through the Commission on Dietetic Registration for the Academy of Nutrition and Dietetics (activity #121137). This workshop included a review of childhood obesity, policies and programs that serve to reduce prevalence and how to best deliver messages to create a healthy environment at day care facilities. In addition, presented data from the Cooking Up Energy® program within the context of successful obesity prevention strategies.
- *The War on Childhood Obesity: Present Progress and Future Directions (Mary 18th, 2015; New York Academy of Nutrition and Dietetics; Albany, NY).* Proposal for presentation selected from a competitive pool of applicants. Designed and delivered a one-hour presentation to Registered Dietitians, Dietetic Technicians, Registered and nutrition students. Presented data from the Cooking Up Energy® program within the context of successful obesity prevention programs during this presentation delivered to a statewide audience.
- *Don't be a Talking Head: Engaging Your Client Using Motivational Interviewing Techniques for Effective Lifestyle Change Counseling (Mary 18th, 2015; The New York Academy of Nutrition and Dietetics; Albany, NY).* Proposal for presentation selected from a competitive pool of applicants. Designed and delivered a one-hour presentation on the use

of motivational interviewing techniques to promote healthy lifestyle changes to Registered Dietitians, Dietetic Technicians, Registered and nutrition students at this statewide conference.

- *Beyond PB&J: Cooking Up a Lifetime of Health for Kids (April 13, 2013; Weight Management Dietetic Practice Group of the Academy of Nutrition and Dietetics; Indianapolis, IN).* Proposal for presentation selected from a competitive pool of applicants. Presented data on childhood obesity prevalence and complications from the Cooking Up Energy® program within the context of successful obesity prevention programs during this 1.5 hour presentation at a national platform.
- *Beyond Healthy Guidelines: Create Your Own Wellness Vision (November 8th, 2011, Floral Park School District; Floral Park, NY).* Designed and delivered a two-hour workshop to 50 elementary school teachers focused on how to envision and plan healthy behavior changes.
- *Not On an Empty Stomach: Losing Weight without Being Hungry (May 10th, 2010; New York Presbyterian Hospital/ Weill Cornell Medical College; New York, NY).* Presented the dietary component of the lecture along with Dr. Louis Aronne, MD for Cornell's Health and Wellness Series.
- **Poster session presentation:** *Classroom Celebrations on the School Campus: Calorie Intake and the Power of School Wellness Policies to Foster Change (April 15th, 2011; Healthier New York; Academy of Sciences, New York, NY).* Competitive proposal selected from a pool of applications to present this poster session on data collected during the investigation of classroom celebration policy and practices in a New York City elementary school.

PROFESSIONAL MEMBERSHIPS

The Academy of Nutrition and Dietetics

The New York State Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics- Weight Management Dietetic Practice Group

The Academy of Nutrition and Dietetics- School Nutrition Services Dietetic Practice Group

The Academy of Nutrition and Dietetics- Nutrition and Dietetic Educators and Preceptors

Long Island Dietetic Association

OFFICES HELD

Long Island Dietetic Association- Professional Issues Counsel Committee Chair- elected position (2011-2012)

Long Island Dietetic Association- Professional Issues Counsel Committee Chair- elected position (2012-2013)

Long Island Dietetic Association- News Brief Editor (2013-2014)