

CURRICULUM VITAE
Uriyoán Colón-Ramos Sc.D., M.P.A.

1) EDUCATION

May 1999

Bachelor of Arts, *Cum Laude*

Cornell University, College of Arts & Sciences

Independent major: Sociological perspectives of nutrition in developing countries

Aug 2000

Master's in Public Affairs, *Sage Fellow*

Cornell University, Cornell Institute of Public Affairs (CIPA)

Masters' thesis: Democratizing communities through service learning

Nov 2006

Science Doctorate, Public Health Nutrition, *National Research Service Award Fellow*

Harvard School of Public Health, Department of Nutrition

Dissertation: Translating research into action: A case study of trans-fatty acids and nutrition policy in Costa Rica.

Feb 2008

Post-Doctoral Training, *Cancer Research Training Award Fellow*

National Cancer Institute

Behavioral Research Program, Division of Cancer Control and Population Science



2) PROFESSIONAL EMPLOYMENT

Current Position:

Associate Professor
Bursky School of Public Health
Washington University
St. Louis, MO

July 2026 – Present

Associate Professor
Department of Global Health
Milken Institute School of Public Health
George Washington University (GW)
Washington, DC

July 2018 – June 2026

Visiting Associate Professor

Sept 2019-Dec 2019

Bloomberg School of Public Health
Johns Hopkins University
Baltimore, MD

Visiting Professor Sept 26-28, 2018
Equity Research Innovation Center (ERIC), Yale Transdisciplinary Collaborative Center for
Health Disparities Research
Yale School of Medicine
Yale University
New Haven, CT

Assistant Professor Jul 2012 – Jul 2018
Department of Global Health
Milken Institute School of Public Health
George Washington University (GWU)
Washington, DC

Visiting Assistant Professor Sept 2010 – Jun 2012
Department of Global Health
School of Public Health and Health Services
George Washington University (GWU)
Washington, DC

*2008-2010 **Career Hiatus:** I was a full time, non compensated caregiver for my family.

Independent Consultant * Sept 2008 – Oct 2010

- National Cancer Institute, National Institutes of Public Health, Bethesda, MD (August 2010-October 2010)
- Center for Human Nutrition, University of Nebraska Medical Center, Omaha, NE (March 2010-August 2010)
- Pan American Health Organization/World Health Organization, Washington DC (October 2009-May 2010)
- INCIENSA, Costa Rica (September 2009-October 2009)

Staff Scientist Feb 2008 – Aug 2008
Nutrition Action Healthletter
Center for Science in the Public Interest (CSPI)
Washington, DC

Post-Doctoral Fellow Nov 2006 – Feb 2008
Cancer Research Training Award
Behavioral Research Program, Health Promotion Research Branch

National Cancer Institute (NCI), National Institutes of Health
Bethesda, MD

Special Volunteer Fellow Nov 2005 – Nov 2006
Behavioral Research Program, Health Promotion Research Branch
National Cancer Institute (NCI), National Institutes of Health
Bethesda, MD

Visiting Investigator Jul 2004 - Aug 2004
Instituto Nacional de Salud Pública México (INSP)
Cuernavaca, Morelos, México

Senior Research Assistant Jan 2002 - Jan 2003
CDC National Nutrition & Physical Activity Surveillance Project
Harvard School of Public Health
Boston, MA

School Feeding Associate May 2001 - Aug 2001
United Nations World Food Programme (WFP)
Rome, Italy

Visiting Scholar Sept 2000 - May 2001
Instituto Nacional de Salud Pública México
Cuernavaca, Morelos, México

Community Action Research Facilitator Nov 1999 - Aug 2000
Extended Food and Nutrition Education Program, Cornell Cooperative Extension
Tompkins County, NY

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3) ADDITIONAL TRAINING (since 2012)

- International System Dynamics Conference
 - Systems Practice Forum, Boston MA August 7 2025
 - Systems Thinking in Action, Serious Games, Boston MA August 6 2025
- Washington University, St. Louis MO
 - Social Network Analysis the Systems Science for Social Impact, Brown School, Summer 2021
 - Cardiovascular Genetic Epidemiology PRIDE program, 2012-2013
- City University NY and IDEAS Collaborative, Acumen Academy
 - Design Thinking Research 'How to'. IDEAS Collaborative, 2020-2021
 - Introduction to Human-Centered Design, Fall 2020
- Tufts University, Boston, MA
 - Food Systems Analysis using Community Group Model Building, Spring

2020

- International Society Behavioral Nutrition & Physical Activity
 - Using Your Research to Influence Policy Workshop, Summer 2019
- The Op-Ed Project
 - Workshop Write to Change the World. Washington, DC, Summer 2018
- Robert Wood Johnson Foundation
 - New Connections Research Clinic, Fall 2017
 - New Connections Network Research and Coaching Clinic, Nov 2013
- Johns Hopkins University
 - Mixed Methods Research Training Program for the Health Sciences, Summer 2017
- Temple University, Philadelphia, PA
 - Latent Class Variable Analyses, Fall 2016
 - Structural Equation and Multilevel Modeling, Fall 2016
- University of Maryland, College Park, MD
 - Intersectional Qualitative Research Methods Institute, July 2016
- University of Michigan, Ann Arbor, MI
 - Immigration and Health, Inter-university Consortium for Political and Social Research, Summer 2015
 - Applied Structural Equation Modeling, Center for Statistical Consultation and Research, Fall 2013
 - Applications of Hierarchical Linear Models (HLM), Center for Statistical Consultation and Research, Fall 2013
- GW University, Washington, DC
 - Mitigating AI and Flipping the Classroom, Student Learning in the Time of AI Community of Practice, Center for Teaching Excellence, Libraries and Academic Innovation, Fall 2025
 - Blending courses, University Teaching Center, Fall 2014
 - How to design effective homework questions, University Teaching Center, Fall 2014
 - Office of the Vice President Faculty Development Workshop, Spring 2012
- Metro Industrial Areas Foundation, DC
 - Community Organizing Training, Fall 2013
- Institute of Medicine, Washington, DC
 - Mapping the Food System and its Effects Workshop, Fall 2013
 - Understanding the Relationship between Food Insecurity and Obesity, Nov 2010
- National Institutes of Health, Bethesda MD
 - Office of the Dietary Supplement Workshop, Summer 2012

4) HONORS & AWARDS

- National Academies of Science Planning Committee for the Workshop on Community Engaged Research to Improve Diet, Nutrition, and Health | Washington, D.C. April 2026-September 2026
- High Impact Award from Journal of Nutrition Education and Behavior: Feeding students during COVID-19-Related school closures: a nationwide assessment of initial responses, 2023
- Hall of Fame, DC Central Kitchen, 2022
- Research into Action Award, Robert Wood Johnson Foundation New Connections Program, 2019
- Faculty Research Excellence Award, Honey W. Nashman Center for Civic Engagement and Public Service, 2017
- Sumner M. Redstone Global Center for Prevention and Wellness Fellow, 2016
- Robert Wood Johnson Foundation New Connections Scholar, 2016
- Clinical and Translational Science Institute at Children's National Awardee, 2016
- Service Recognition: Office of Communication of the National Cancer Institute, 2008
- David Rockefeller Center for Latin American Studies Travel Fellow, 2004
- Community Spirits Award: Excellence in Academics and Service, Cornell University, 1999
- Academic Excellence & Leadership Award: Committee On Special Educational Projects, Cornell University 1999
- Council Chair Service Award: Cornell University 1999
- Dean's List, Cornell University 1999
- JG White Scholarship, Cornell University 1997



5) RESEARCH FUNDING

6a. Ongoing Research Support

(*Note: Pending or Submitted Awards are not listed)

National Institute Minority Health Disparities/NIMHD

Sept 2022-2027

R01 MD018022

Role: Principal Investigator (MPI) (\$3,000,000)

Title: Systems Science Approaches to Improve Access to Healthier Foods: The FRESH trial

Goal: This multiple principal investigator study, which I co-lead with Dr. Joel Gittelsohn (JHU), has two interrelated objectives to sustainably improve access to and promotion of healthier foods in independently owned restaurants: 1) to use systems science approaches to refine, implement and test the effects of a novel intervention (FRESH: Focus on Restaurant Engagement to Strengthen Health) on dietary quality, and health of regular customers among other outcome; and 2) to use FRESH formative, baseline, implementation and

outcome data to develop, parametrize and calibrate a system dynamics model that will allow stakeholders to virtually test the effects of FRESH strategies on outcomes in their own communities.

Robert Wood Johnson Foundation

Oct 2024-June 2026

Healthy Eating Research

Role: Co-Investigator & Mentor

Principal Investigator: G Headrick

Title: Identifying Policy, System, and Environment Approaches to Promote Safe and Dignified Healthy Food Access at Urban Grocery Stores

Goal: This community-driven study aims to: (1) quantify modifiable community characteristics associated with crime at grocery stores, (2) examine perceptions of crime mitigation strategies among families with children and the impact of strategies on dignified healthy food access, and (3) investigate grocery store operators' perceptions of crime and use of crime mitigation strategies and the impact on dignified healthy food access.

Novo-Nordisk Foundation

Mar 2025-2027

Role: Co-Principal Investigator

With Kuan-lung Daniel Chen and the Global Food Institute at GW

Title: Connecting the Food System to Health Equity in Wards 7 and 8, Washington DC

Sumner M. Redstone Global Center for Prevention and Wellness

June 2025-2026

Role: Co-Investigator & Mentor

Principal Investigator: Xindy Hu, Environmental Health

Title: Nexus of water intake, water security and climate resilience: a system science approach to improving water security and community health in a changing climate in Navajo Nation and in Puerto Rico (pilot study)

6b. Completed Research Funding

Patrick J. McGovern Foundation

Nov 2024- Dec 2025

Role: Co-Investigator

Principal Investigator: B Dietz and the Global Food Institute at GW

Title: Data-Driven Pathways to Improve Food Access and Health Outcomes in Underserved Communities

Goal: We use participatory systems science approaches to identify places to intervene to improve access to fresh produce in Indianapolis and the Mississippi Delta, while emphasizing impact and equity of the population served.

National Science Foundation

Dec 2023-2024

NSF Convergence Accelerator Track J: Optimizing sustainable delivery of local fresh produce in Puerto Rico to mitigate nutrition insecurity

Role: Principal Investigator (\$749,000)

Goal: In this one-year accelerator project, we used community-based system dynamics approaches to engage businesses, farmers, government representatives, providers of health services and citizens to describe their shared understanding of feasible and impactful levers for nutrition security and climate health in Puerto Rico. We also conducted an experimental study with online shoppers real-time user-level data that can be integrated into data systems dynamic computational models to inform citizen engagement and policy action.

Robert Wood Johnson Foundation Healthy Eating Research

Nov 2022- 2023

Beverage Consumption in Early Childhood – Commissioned Analysis

Role: Principal Investigator (\$50,000)

Goal: To develop policy and environmental approaches to sustain an Early Head Start healthy beverage program among Hispanic families of infants and toddlers in Puerto Rico. We used a systems science approach to identify upstream strategies that can support sustained changes in the consumption of sugary drinks and tap water in Puerto Rico.

Robert Wood Johnson Foundation Healthy Eating Research

Mar 2021-2023

Beverage Consumption in Early Childhood

Role: Principal Investigator (\$200,000)

Goal: To develop policy and environmental approaches to sustain an Early Head Start healthy beverage program among Hispanic families of infants and toddlers. We used a systems science approach to identify upstream strategies that can support sustained changes in the consumption of sugary drinks and tap water in a low-income, predominantly Hispanic community in the United States. The research was designed to generate information crucial for the development of robust multilevel systems recommendations that are contextually and culturally appropriate.

Robert Wood Johnson Foundation Healthy Eating Research

Jun 2020-2021

Commissioned Study

PI: Gittelsohn J

Role: Co-investigator

Goal: To understand successful healthy stores in low income communities using multiple case study approach.

Center for Global Health Studies

Jun 2020-2021

PI: Monge-Rojas R

Role: Co-Principal Investigator

Goal: This was a travel award to transfer the experience of Chile and Mexico to inform implementation of effective strategies to reduce childhood obesity in Costa Rica, in collaboration with the INCIENSA in Costa Rica and the Instituto Nacional de Salud Pública in Mexico.

Center for Global Health Studies

Jun 2020-2021

Social Network Analysis of Water and Sugary Drink Provision in Schools in Guatemala and Costa Rica

Role: Principal Investigator (\$10,000)

Goal: This award was used to design a social network analysis to understand who was involved in the provision of water and sugary beverages in private and public schools in Guatemala City and in San Jose Costa Rica.

Sumner Redstone Global Center for Prevention and Wellness

Mar 2020-2023

Pilot Restaurant Intervention: Water UP! @Restaurants

Role: Principal Investigator (\$50,000)

Goal: To provide proof of concept and preliminary data on the feasibility, acceptability and effect size of 18-week restaurant-based interventions to increase plain water (bottled and filtered tap) availability, sales of bottled water and healthy menu options, and sales of sugary drinks (SSB).

National Institute Diabetes and Digestive and Kidney

Sept 2018- Aug 2020

Water Up! @Home: Randomized Controlled Trial Intervention

Role: Principal Investigator (\$398,750)

Goal: To test a novel behavioral intervention that addressed sociocultural (via curriculum) and physical (via tap water filters) barriers to replace sugary drinks with water among low-income Latino parents and their young children (6 months-3 year olds).

GW Innovation Award

Aug 2018 – Jul 2021

Water Pilot Intervention in Schools in Guatemala City

Role: Principal Investigator (\$50,000)

Goal: To use a multiphase sequential mixed-methods design to adapt and test an intervention that addresses water security and sugary drink consumption to the context of schoolchildren in Guatemala City.

National Science Foundation Rapid Response Natural Hazards Center

Nov 2017

Role: Principal Investigator (\$1,200)

Goal: This work examined the food relief ecosystem in Puerto Rico to document disruptions in the food chain of vulnerable communities and the characteristics, including quality and quantity, of food commodities distributed after Hurricane Maria.

Centers for Disease Control and Prevention

Oct 2014 – Sept 2018

Racial and Ethnic Approaches to Community Health

PI: M. Edberg

Role: Co-Principal Investigator (\$2 million)

Goal: This project built a community-based coalition in a community of Latino immigrants in MD, to set a mission statement, design and implement an intervention to address good nutrition and obesity control. It was the foundational work for Water Up! Agua es Vida interventions that we co-developed in a community-academic partnership.

Government of Puerto Rico

Jan 2018

PI: C Santos Burgoa

Role: Co-Investigator

Title: Ascertainment of the Estimated Excess Mortality from Hurricane Maria in PR

Goal: This was a contract from the Government of Puerto Rico to estimate the potential excess mortality from the Hurricanes.

Sumner Redstone Global Center for Prevention and Wellness
2017

Jan 2016-Mar

Role: Principal Investigator (\$50,000)

Goal: To provide proof of concept and preliminary data on the feasibility and acceptability of an intervention to increase plain water consumption, primarily from tap, and reduce SSB intake among 50 Latino children (6 months-3 y/o) and their mothers.

Robert Wood Johnson Foundation

Role: Principal Investigator (\$50,000)

Sept 2016-2017

Goal: To analyze a unique data set that includes behaviors and sociocultural characteristics to determine how the family environment impacts diet quality among Hispanic/Latino adult and youth.

GW Clinical and Translational Science Institute Voucher

Mar 2017

Role: Principal Investigator (\$5,000)

Goal: These funds were used to hire a biostatistician to consult on structural equation modeling and path analysis for secondary data analysis that uses complex weighting and sampling design.

GW Honey Nashman Center for Civic Engagement

Role: Principal Investigator (\$10,000)

Jan 2014-May 2016

Goal: This project used a community participatory approach (photovoice, community advisory board) to identify strategies for an intervention to support healthy food availability at home among low-income parents in Washington DC.

Food for Thought, GW

Jan 2013- 2014

PI: R. Fishman

Role: Co-Investigator

Goal: This project evaluated the impact on dietary diversity and food security of an agriculture and nutrition intervention in Nepal.

GW Departmental Start-Up Funds

Role: Principal Investigator (\$9,000)

July 2012-2015

Goal: Discretionary funds were used to attend conferences, seminars, for graduate student research assistants, or for preliminary studies needed to be competitive for extramural research support.

GW Medical Center Facilitating Fund

Jan 2011- 2012

Role: Principal Investigator (\$20,000)

Goal: A collaboration to examine the Hispanic paradox and identify mortality differentials among mainland and island Puerto Ricans. Analyses led to peer-reviewed publication, press release and news stories in GW website, Cienciapr.org, Diálogo University of Puerto Rico.

UNICEF

PI: Gulati P

Mar 2010-2011

Role: Senior faculty/Project Manager

Goal: I led and managed the analyses and write-up of a policy paper for UNICEF on recommendations to integrate nutrition interventions into social protection programs in Latin America.

National Institute Diabetes and Digestive and Kidney

Feb 2003-Nov 2006

Ruth L. Kirschstein National Research Service Award and Predoctoral Fellowship

Role: Principal Investigator Predoctoral Trainee

Goal: I wrote this application and received this award to fund my doctorate training in Public Health Nutrition to develop and evaluate effective, interdisciplinary interventions that promote health among disadvantaged communities.



6) PUBLICATIONS

7a. Peer-Reviewed Scientific Publications

(* An Asterisk Denotes Mentored Trainees or Community Stakeholders)

Theme: Sugary Drinks, Water and Food Systems that Shape these Behaviors

1. Estradé M*; Mui Y; Witting L*; Burgos-Gil R*; Calancie L; Gittelsohn J; **Colón-Ramos U**. Opportunities in programs and policies to address the underlying drivers of sugary drink and water consumption in the Washington DC metro area: a qualitative community-based system dynamics approach. *J Acad Nutr Diet. Special Issue: Policy Approaches to Improve children's Diet Quality, Food Security and Health*. 2025. Jan 7:S2212-2672(25)00001-2. doi: 10.1016/j.jand.2025.01.001. PMID: 39788288
2. **Colón-Ramos U**, Campos Rivera M, Luisi A, Chen DKL, Ellis W. Structural and Systemic Drivers of Sugary Drink and Water Consumption in Puerto Rico: A Qualitative Participatory Systems Map. *J Acad Nutr Diet*. 2025 Sep 10:S2212-2672(25)00718-X. doi: 10.1016/j.jand.2025.09.004. Epub ahead of print. PMID: 40939745.
3. *Estradé M, *Burgos-Gil R, *Witting L, *Rivera I, Gittelsohn J, **Colón-Ramos U**. Shared perceptions on upstream factors that influence water and sugar-sweetened beverage consumption among Hispanic families in the greater Washington D.C. Metro Area: Qualitative Results from Focus Group Discussions. *J Acad Nutr Diet*. 2024.Jul;124(7):833-840. doi: 10.1016/j.jand.2024.01.003. Epub 2024 Jan 14. PMID: 3822483

4. *Kaidbey JH, **Colón-Ramos U**, Bruce-Robbins H, Sylvetsky AC. The Gap between Tap Water Beliefs and Preference for Drinking from the Tap: a Cross-sectional Study in Virginia, USA. *Public Health Nutr.* 2025 Oct 20;1-17. doi: 10.1017/S1368980025101365. Epub ahead of print. PMID: 41111318.
5. *Reese AC, *Burgos-Gil R, Cleary SD, Lora K, *Rivera IM, Gittelsohn J, *Seper S, Monge-Rojas R, **Colón Ramos**. Use of a water filter at home reduces sugary drink consumption among parents and toddlers in predominantly Hispanic Community: Results from the Water UP!@Home Intervention Trial. *J Acad Nutr Diet.* 2023 Jan;123 (10):41-51.
6. *Santillan-Vazquez C, *Hernandez L, *Reese AC, *Burgos-Gil R, Cleary SD, *Rivera IM, Gittelsohn J, Edberg MC, Monge-Rojas R, **Colón-Ramos U**. How providing a low-cost water filter pitcher led Latino parents to reduce sugar-sweetened beverages and increase their water intake, explanatory qualitative results from the Water up!@Home intervention trial. *Public Health Nutr.* 2022 Nov; 25 (11):3195-3203.
7. *McCarley S, *López-Ríos M, *Rivera I, *Burgos-Gil R, Cleary SD, Edberg MC, **Colón-Ramos U**. (2021). Using Mixed-Methods to Design a Participatory Nutrition Intervention that Aims to Reduce Sugary Drinks Among Latino Families: Results from the Water UP! @Home Feasibility Study. *Nutrients.* 2021 Aug 25; 13 (9):2942.
8. *Barrett N, **Colón-Ramos U**, *Elkins A, *Rivera I, Evans D, Edberg M. Formative Research to design a promotional campaign to increase drinking water among Central American Latino youth in an urban area. *J of Health Comm.* 2017. Jun;22(6):459-468.
9. Monge-Rojas, *Vargas Quesada, Moore T, Economos C, **Colón-Ramos U**. Exploratory Analysis of Social Networks Linked to the Provision of Beverages in Costa Rican Schools. *Nutrients.* 2023 May 11; 15 (10): 2271.
10. Oladele CR, Khandpur N, Galusha D, Hassan S, **Colón-Ramos U**, Miller N, Adams OP, Maharaj RG, Nazario CM, Nunez M, Perez-Escamilla R, Hassell T, Nunez-Smith M. Consumption of sugar-sweetened beverages and T2D diabetes in the Eastern Caribbean. *Public Health Nutr.* 2022 Nov; 25 (11): 3195-3203.
11. Sylvetsky AC, Hoang ST, Visek AJ, Halberg SE, Smith M, Salahmand Y, Blake EF, Jin Y, **Colón-Ramos U**, Lora KR. Beverage characteristics perceived as healthy among Hispanic and African-American parents of young children. *J Acad Nutr Diet.* 2022 Jun; 122 (6): 1158-1167.
12. Fajarini I, Matsuzaki M, Ruggiero CF, Wensel CR, Chung S, Hopkins L, Poirier L, **Colón-Ramos U**, Gittelsohn J. Low Healthy Diet Self-efficacy and Intentions Associated with High Sweet Snacks and Sugar Sweetened Beverages Consumption Among African American Adolescents Recruited from Low-Income Neighborhoods in Baltimore. *Nutrients.* 2021 Dec 17; 13 (12): 4516.
13. Sylvetsky AC, Hiedacavage A, Shah N, Pokorney P, Baldauf S, Merrigan K, Smith V, Long MW, Black R, Robien K, Avena N, Gaine C, Greenberg D, Wootan MG, Talegawkar S, **Colón-Ramos U**, Leahy M, Ohmes A, Mennella JA, Satchek J, Dietz WH. From biology to

behavior: a cross-disciplinary seminar series surrounding added sugar and low-calorie sweetener consumption. *Obes Sci Pract*. 2019 Apr 11;5(3):203-219.

14. Monge-Rojas R, Vargas-Quesada R, **Colón-Ramos U**, Chinnock A. Dietary Intake and Sources of Added Sugars in Various Food Environments in Costa Rican Adolescents. *Nutrients*. 2022 Feb 24; 14 (5): 959.

Theme: Restaurants, Stores & Other Local Food Environments

15. **Colón-Ramos U**, Lewis EC*, Tucker AC*, Poirier L, Pathiravasan CH, Estradé M*, Igusa T, Wolfson JA, Mui Y, Vélez- Burgess V*, Thomas AE*, Hua S*, Cheskin L, Trujillo AJ, Oladimeji AT*, Williamson S*, Romero R*, Sánchez Hernández P*, Gittelsohn J. Design of the Focus on Restaurant Engagement to Strengthen Health (FRESH) study: Leveraging systems science to work with independently-owned restaurants to increase access to and promotion of healthful foods. *Frontiers in Public Health-Public Health and Nutrition*. 2025.

16. Grilo MF*, Nunes BS, Eberle MFP, Vallone N, Nieto C, **Colón-Ramos U**, Taillie LS, Duran AC, Sylvetsky AC. Perceptions of non-sugar sweeteners (NSS) and front-of-package NSS labels among parents of preschool and school-aged children in Brazil. *Public Health Nutr*. 2025 Sep 19:1-33. doi: 10.1017/S1368980025101146. Epub ahead of print. PMID: 40968695.

17. Fuster M, Hipol S, Huang TT, **Colón-Ramos U**, Conaboy C, Abreu R, Mortillaro LC, Handley MA. Bridging Implementation Science and Human-Centered Design: Developing Tailored Interventions for Healthier Eating in Restaurants. *Glob Implement Res Appl*. 2024;4(4):446-458. doi: 10.1007/s43477-024-00133-7. Epub 2024 Sep 9. PMID: 39568618; PMCID: PMC11573827.

18. *Hua S, Tucker AC, Santos SR, Thomas AE, Mui Y, Velez-Burgess V, Poirier L, Cheskin LJ, Matsuzaki M, Williamson S, **Colón-Ramos U**, Gittelsohn J. The Quality of Menu Offerings in Independently Owned Restaurants in Baltimore, Maryland: Results from Mixed-Methods Formative Research for the FRESH Trial. *Nutrients*. 2024 May 18;16(10):1524. doi: 10.3390/nu16101524. PMID: 38794762; PMCID: PMC11123881.

19. Poirier L, *Martinez L, *Rivera I, *St Pierre C, Wolfson J, Fuster M, Gittelsohn J, **Colón-Ramos U**. Feasibility of collaborating with independent Latino-owned restaurants to increase sales of a healthy combo meal. *J Public Health Res*. 2021 Nov 29; 11 (2): 2659.

20. Sundermeir S*, Winkler, John S, **Colón-Ramos U**, Kaur R, Hickson A, Dombrowski RD, Hill AB, Bode B, DeAngelo J, Gittelsohn J. A Commentary on the Healthy Community Stores Case Study Project: Implications for Retailers, Policy and Future Research. *Int J Environ Res Public Health* Jul 11; 19 (4): 8470.

21. John S, Kaur R, Winkler MR, DeAngelo J, Dombrowski RD, Hickson A, Sundermeir SM, Kasprzak CM, Bode B, Hill AB, Lewis EC, **Colón-Ramos U**, Munch J, Witting LL*, Odoms-Young A, Gittelsohn J, Leone LA. Balancing Mission and Margins: What Makes Healthy Community Food Stores Successful. *Int J Environ Res Public Health*. Jul 11; 19(14): 8470.

22. Kaur R, Winkler MR, John S, DeAngelo J, Dombrowski RD, Hickson A, Sundermeir SM, Kasprzak CM, Bode B, Hill AB, Lewis EC, **Colón-Ramos U**, Munch J, Witting LL*, Odoms-Young A, Gittelsohn J, Leone LA. Exploring Community Engagement in Neighborhood Food Retail: Healthy Community Stores Case Study Project. *Int J Environ Res Public Health*. 2022 Jun 7;19(12):6986.
23. *Gravina L, Jauregi A, Fernández-Aedo I, Díez J, Gittelsohn J, **Colón-Ramos U**, Franco M. (2021). Residents' insights on their local food environment and dietary behaviors: A cross-city comparison using Photovoice. *Int J Environ Res Public Health*. 2021 Sep 27; 18 (9):10134.
24. Hadi H, Triastani RK, Anggraeni D, Nurwanti E, Lewis EC*, **Colón-Ramos U**, Kang Y, Yamaguchi M, Gittelsohn J. The role of school food environment in improving the healthiness of school canteens and the readiness to reopen post covid-19 pandemic: a study from Indonesia. *J Public Health Res*. 2021 Sep 8;11 (1):2287.
25. Oladele C, **Colón-Ramos U**, Galusha D, Tran E, Adams OP, Maharaj R, Nazario CM, Nunez M, Nunez-Smith M. Associations between Perceptions of the food environment and diet in the Eastern Caribbean Health Outcomes Research Network (ECHORN) Cohort Study. *Preventive Med Rep*. 2022 Feb 2; 26:101694.
26. *Maudrie T., **Colón-Ramos U**, Harper K., Jock B., Gittelsohn, J. A systematic review of the use of Indigenous food sovereignty principles for intervention and future directions. *Curr Dev Nutr*. 2021 Jul 1; 5(7):nzab093.

Theme: Food & Nutrition Security during Emergencies and Climate Change

27. **Colón-Ramos U**, Guerra Uccelli N*, Meléndez-Colón O*, García Blanco AM*, Ostolaza Santiago C*, Rosas Pérez C*, Gomez Andújar N*, Tavárez H, Poirier L, Gittelsohn J, Long MW. Structures and systems that promote nutrition security and climate adaptation in Puerto Rico: results from community-based system dynamics. *Public Health Nutr*. 2025 Sep 15;28(1):e162. doi: 10.1017/S1368980025101080. PMID: 40947596.
28. Fleischhacker S, **Colón-Ramos U**, Haynes-Maslow L, Clay L. Position of the Society for Nutrition Education and Behavior: The Importance of Emergency-Related Food and Nutrition Education Before, During, and After a Disaster. *J Nutr Educ Behav*. 2024 Jul;56(7):419-427. doi: 10.1016/j.jneb.2024.04.008. PMID: 38972707.
29. Clay LA, Koyratty N, Rogus S, **Colón-Ramos U**, Hossan A, Josephson A, Neff R, Zack RM, Bliss S, Niles MT. A mixed-methods approach to the development of a disaster food security framework. *J Acad Nutr Diet*. 2023 Oct; 123 (10S): S46-S58.
30. *Ostolaza C, *Rosas C, *García-Blanco, AM, Gittelsohn J, **Colón-Ramos U**. Impact of the COVID-19 Pandemic on Food Insecurity in Puerto Rico. *Journal of Hunger & Environmental Nutrition*. 2023 18:3, 380-395.
31. **Colón-Ramos U**, Monge-Rojas R, *Olivares F, Goldsmith J, *Zavala R, *Grilo Fagundo

M, Parra D, Duran AC. Lessons Learned for Emergency Feeding During Modifications to Eleven School Feeding Programs in Latin America and the Caribbean during the COVID-19 Pandemic. Food and Nutr Bull. 2022 Mar; 43 (1):84-103.

32. López-Cepero A, Cameron S, Negrón LE, Colón-López V, **Colón-Ramos U**, Mattei J, Fernández-Repollet E, Pérez CM. Uncertainty and unwillingness to receive a COVID-19 vaccine in adults residing in Puerto Rico: Assessment of perceptions, attitudes, and behaviors. Hum Vaccin Immun. 2021 Oct 3; 17(10):3441-3449.

33. *Lewis E, Clay L, **Colón-Ramos U**, Gittelsohn J. Food-Seeking Behaviors and Food Insecurity Risk Among New York State Residents during the Coronavirus (COVID-19) Pandemic. J Nutr Educ Beh. 2022 Feb; 54 (2):159-171.

34. Clay L, Heath B, Slother R, *Leach V. **Colón-Ramos U**. Measuring the food environment after disasters: two case studies of food environment disruptions after hurricanes. Disaster Med Public Health Prep. 2021 Jun 10;17: e17.

35. McLoughlin G, Fleischhacker S, Hecht AA, McGuirt J, Vega C, Read M, **Colón-Ramos U**, Dunn CG. Nationwide assessment of US jurisdictions' responses to school-based meal provision during the COVID-19 pandemic. J Nutr Educ & Beh. 2020 Dec 52(12):1120-1130.

36. **Colón-Ramos U**, Roess A, Robien K, Marghella P, Waldman R, Merrigan K. Foods distributed during federal disaster relief response in Puerto Rico after Hurricane Maria Did Not fully meet federal nutrition recommendations. J Acad Nutr Diet. 2019 Nov; 119 (11):1903-1915.

Theme: Specific to Measurements

37. Berrigan D, Arteaga S, **Colón-Ramos U**, Goldman-Rosas L, Monge-Rojas R, Sanchez B, Tellez-Rojo M, Roberts E, Perez-Escamilla R, Vorkper S and the Cross-Borders Working Group at the National Institutes of Health. Measurement Challenges for Childhood Obesity Research Within and Between Latin America the United States/Desafíos de medición para la investigación de la obesidad infantil en y entre América Latina y Estados Unidos. Obes Rev. 2021 Oct 22 Suppl 5: e13353.

38. Salvo D, Parra DC, Jauregui A, Resendiz E, Garcia-Olvera A, Velazquez D, Aguilar-Farias N, **Colón-Ramos U**, Hino AA, Bill Kohn HW 3rd, Pratt M, Varela AR, Ramirez-zea M, Rivera JA. Existing programs and new strategies for increasing capacity among young investigators in Latin America and the Caribbean to address the childhood obesity crisis/ Capacidad de investigación en obesidad infantil en Latinoamérica y en las poblaciones Latinas de Estados Unidos: estate de la investigation, problemas, oportunidades y líneas de trabajo para el futuro. Obes Rev. 2021 Oct;22 Suppl 5: e13346.

39. Wahid SS*, Sandberg J, Sarker M, Arafat ASME, Apu AR, Rabbani A, **Colón-Ramos U**, Kort BA. A distress-continuum, disorder-threshold model of depression: a mixed-methods latent class analysis study of slum-dwelling young men in Bangladesh. BMC Psychiatry. 2021

Jun 4;21(1):291.

40. Santos-Burgoa C, Sandberg J, Suarez E, Goldman-Hawes A, Zeger S, Garcia-Meza A*, Perez CM, Estrada Merly N, **Colón-Ramos U**, Nazario CM, Andrade E, Roess A, Goldman L. Differential and persistent risk of excess mortality from Hurricane Maria in Puerto Rico: A time-series analysis. *Lancet Planet Health* 2018; Nov;2(11):e478-e488.
41. Yaroch AL, Thompson OM, Tooze J, Thompson FE, Blanck HM, **Colón-Ramos U**, Shaikh A, McNutt S, Moshfegh A, Nebeling LC. Evaluation of three short dietary instruments to assess fruit and vegetable intake: the National Cancer Institute's food attitudes and behaviors survey. *J Acad Nutr Diet*. 2012. 112 (10): 1570-7.

Theme: Interactions with Family Environment and Food Environments

42. **Colón-Ramos U**, Monge-Rojas R, Castro-Smith V, Wang J, Cheng YI, Perreira KM, Van Horn L, Sotres-Alvarez D, Isasi DR, Gallo LC. Associations with Family Function and Eating Behaviors among Hispanic/Latino Youth: The HCHS/SOL Youth Ancillary Study. *Public Health Nutr*. 2021 Apr; 24(5):924-934.
43. **Colón-Ramos U**, Monge-Rojas R, Raye-Stevenson, T, Burns H, Thurman S, Gittelsohn J, Gurman T. How do African-American caregivers navigate a 'food desert' to feed their children? Photovoice narrative. *J. Acad Nutr Diet*. 2018 Nov; 118(11): 2045-2056.
44. **Colón-Ramos U**, Monge-Rojas R, *Cremm E, *Rivera I, Andrade E, Edberg MC. How Latina mothers navigate a 'food swamp': A Photovoice approach. *Public Health Nutr*. 2017 Aug; 20(11):1941-1952.
45. Monge-Rojas, **Colón-Ramos U**, Chinnock A, Smith V, Reyes B. Gender-based social eating norms, family environment and eating behaviors among Costa Rican adolescents. *Public Health Nutr*. 2021 Oct; 25 (15):4840-4850.
46. Monge-Rojas R, Vargas-Quesada R., Chinnock A, **Colón-Ramos U**. Changes in dietary intake of major nutrients and food sources among Costa Rican adolescents in the last 20 years. *J Nutr*. 2020 Sept 1; 150 (1):2405-2411.
47. Monge-Rojas R, Smith-Castro V, O'Connor T, **Colón-Ramos U**. Fernandez BR. Intersectionality between parenting styles, area of residence and gender on food group consumption among Costa Rican adolescents. *Appetite*. 2021 Nov 1; 166:105443.
48. Monge-Rojas R, Fuster-Baraona T, Garita-Arce C, Sánchez-López M, **Colón-Ramos U**, Smith-Castro V. How Self-Objectification Impacts Physical Activity Among Adolescent Girls in Costa Rica. *J Phys Act Health*. 2017. Feb;14(2):123-129.
49. Monge-Rojas R, Fuster-Baraona T, Garita C, Sánchez M, Smith-Castro V, Valverde-Cerros O, **Colón-Ramos U**. [The Influence of Gender Stereotypes on Eating Habits Among Costa Rican Adolescents](#). *Am J Health Promot*. 2015. May-Jun;29(5):303-10.
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rural Costa Rican adolescents. *Nutrition*. 2013. Jul-Aug; 29 (7-8): 1007-12.

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52. Monge-Rojas R, Garita-Arce C, Sánchez-López M, **Colón-Ramos U**. Barriers to and suggestions for a healthful, active lifestyle as perceived by rural and urban Costa Rican adolescents. *J Nutr Educ Behav*. 2009. May-Jun;41(3):152-60.

Theme: Dietary Behaviors among Hispanics by Country of Origin

53. Avilés-Santa L, **Colón-Ramos U**, Pérez-Cardona CM, Pasquel F, Mattei J. From sea to shining sea, and the great plains to Patagonia: a review on current knowledge of diabetes mellitus and cardiovascular diseases in U.S. Hispanics/Latinos and Latin America. *Front Endocrinol (Lausanne)*. 2017 Nov 10; 8: 298.

54. *Pellegrino S, Robien K, Bost A, McGonigle M, Rosen L, Peterson-Kosecki A, **Colón-Ramos U**. Fruit and Vegetable Intake Among Participants in a District of Columbia Farmers' Market Incentive Program. *Public Health Nutr*. 2017 Nov 6:1-6.

55. **Colón-Ramos U**, Rodriguez-Ayuso I, Gebrekristos H, Roess A, Perez CM, Simonsen L. Transnational mortality comparisons between archipelago and mainland Puerto Ricans. *J Immigr Minor Health*. 2017 Oct; 19(5):1009-1017.

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57. Fuster M, **Colón-Ramos U**. Changing places, changing plates? A binational comparison barriers and facilitators to healthful eating among Central American communities. *J Immigr Minor Health*. 2018 Jun; 20(3):705-710.

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Other

62. **Colón-Ramos U**, Racette S, Ganiban J, Nguyen T, Kocak, M, Volgyi E, Tylavsky F. Association between dietary patterns during pregnancy and birth size measures in a diverse population in the southern US. *Nutrients*. 2015 Feb;7(2):1318-32.

63. Finney-Rutten L, Yaroch AL, **Colón-Ramos U**, Reed K, Johnson-Askew W, Story M. Poverty, food insecurity, and obesity: a conceptual framework to guide research and practice. *J Hunger and Environmental Nutrition*. 2010. 5(4): 403-415.

64. **Colón-Ramos U**, Atienza AA, Weber D, Taylor M, Uy C, Yaroch AL. Practicing what they preach: health behaviors of those who provide health advice to extensive social networks. *J of Health Comm*. 2009. Mar;14(2):119-30.

65. Finney Rutten LJ, Yaroch AL, **Colón-Ramos U**, Atienza AA. Awareness, use, and perceptions of low carbohydrate diets and nutritional recommendations. *Prev Chronic Dis*. 2008. Oct;5(4):A130.

66. Xu Y, Huang C, **Colón-Ramos U**. Moving Toward Universal health Coverage (UHC) to Achieve inclusive and sustainable health development: three essential strategies drawn from Asian experience: Comment on "Improving the World's Health Through the Post-2015 Development Agenda: Perspectives from Rwanda. *Int J Health Policy Manag*. 2015 Aug 26;4(12):869-72.

Theme: Trans fatty acids

67. Monge-Rojas R, Aragon C, Chinnock A, Campos H, **Colón-Ramos U**. Changes in dietary intake and food sources of saturated and *cis*- and *trans*-unsaturated fatty acids in Costa Rica adolescents: 1996 and 2006. *Nutrition*. 2013 Apr; 29(4): 641-5.

68. Monge-Rojas R, **Colón-Ramos U**, Jacoby E, Alfaro T, Graças Tavares do Carmo, Villalpando S, Bernal C. Progress towards elimination of trans fatty acids in foods commonly consumed in four Latin American cities. *Public Health Nutr*. 2017 Sep;20(13):2440-2449.

69. Monge-Rojas R, **Colón-Ramos U**, Jacoby E, Mozaffarian D. Voluntary reduction of trans-fatty acids in Latin America and the Caribbean: current situation. *Rev Panam Salud Publica*. 2011. 29(2):126-9.

70. **Colón-Ramos U**, Monge-Rojas R, Campos H. Impact of WHO recommendations to eliminate industrial trans-fatty acids from the food supply in Latin America and the Caribbean. *Health Policy Plan*. 2014. Aug; 29 (5): 529-41.

71. **Colón-Ramos U**, Lindsay AC, Monge-Rojas R, Greaney M, Campos H, Peterson KE. Translating research into action: a case study on trans fatty acid research and nutrition policy

in Costa Rica. Health Policy Plan. 2007. Nov; 22(6):363-74.

72. **Colón-Ramos U**, Kabagambe E, Ascherio A, Campos H, Baylin A, Peterson KE. Socioeconomic status and health awareness are associated with choice of cooking oil in Costa Rica. Public Health Nutr. 2007. Nov;10(11):1214-22

73. **Colón-Ramos U**, Baylin A, Campos H. The relation between *trans* fatty acid levels and increased risk of myocardial infarction does not hold at lower levels of *trans* fatty acids in the Costa Rican food supply. J Nutr. 2006. Nov;136(11):2887-92.

6c. Public Health Practice Dissemination

Op-Eds & Commentaries

Progressive Perspectives in [Newsday](#); [MSN](#); & Arcamax; (39,545,670 readers)

Sugary drinks make our water crisis worse, August 14, 2024

Periodico El Nuevo Día, San Juan Puerto Rico (daily circulation of 155,000)

- [Si somos lo que comemos, ¿qué seremos con el cambio climático?](#). July 13, 2024
- Soberanía y Resiliencia Alimentaria frente a COVID-19. April 4, 2020
- Mejor la salud de los boricuas en Nueva York. Nov 25, 2006
- El café: un misterio médico sin resolver. Dec 22, 2006
- Urgente eliminar las grasas 'trans'. Feb 1, 2007
- Puerto Rico- un paraíso tropical donde no se come frutas. Oct 9 2014, and *El Nuevo Periódico*, Caguas, PR, Oct 9, 2014

Yale Climate Connections (potential audience reach 4,000)

[We need to talk about food prices](#). March 11, 2024.

CienciaPR Newsletter

Diabetes en Puerto Rico. Diabetes Awareness Month. November 2016

<https://www.cienciapr.org/en/blogs/conocimiento-tu-salud/november-diabetes-awareness-month>

Cornell University, *The Current*

Self-Sustainable Communities in the 2000: A Utopian Vision? Spring 2000

Non-Peer Reviewed Research Policy Briefs

Research Brief: Developing shared systems and policy strategies to sustain an Early Head

Start healthy beverage program among Hispanic families of infants and toddlers in the Greater Washington DC area, Jan 2023.

Policy Brief: [Untapped Potential: building confidence in tap water as a strategy to improve health outcomes for families in Washington DC](#). Sumner M Redstone Global Center for Prevention & Wellness.

Pan American Health Organization. PAHO/WHO Task Force on Trans Fats Free Americas:

conclusions and recommendations. Washington, DC Apr 26-27 2007

Non-Peer Reviewed Reports

Equilibrium Journal- College of nutritionists and dietitians of Puerto Rico (*Revista Equilibrium* del Colegio de Nutricionistas y Dietistas de Puerto Rico). Ostolaza C, Rosas C, Garcia-Blanco AM, Gittelsohn J, **Colón-Ramos U**. Impacto de la pandemia por COVID-19 en la seguridad alimentaria y nutricional en Puerto Rico, Marzo 2022

Journal of the World Public Health Nutrition Association (www.wphna.org)

Kraak V, **Colón-Ramos U**, Monge-Rojas R. Legislation: Trans fats. Case for a global ban [Commentary]. Volume 3, Number 12, December 2012

Center for Science in the Public Interest (CSPI) Washington

Liebman B; Scharadt D; **Colón-Ramos U**. Bulking the public: food companies, cash in on fiber. *Nutrition Action Healthletter*. Jul 1, 2008

Book Chapter

Colón-Ramos U. Chapters in Section III ("La ciencia y tu salud"). *Ciencia Boricua! Ensayos y Anécdotas del Científico Puertorriqueño*. San Juan, PR: Ediciones Callejón, 2011.



7) SCHOLARLY PRESENTATIONS

7a. Invited Keynote Speaker

Keynote Speaker, International Conference on the Comprehensive Life Course Prevention and Treatment of Obesity and Related Chronic Diseases. Title of talk: *Upstream Approaches to Address Obesity and Diet Related Chronic Diseases*. September 21-30 2023. Shenyang, China.

Mid-Career Invited Speaker, International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Title of talk: *Challenge to Addressing Dietary Disparities*. June 7 2019. Prague, Czech Republic.

7b. Invited University Seminars

- Washington University School of Public Health, St Louis, MO. *Systems Thinking to Address Structural Determinants of Diet Disparities in the Americas*. February 2026.

- Boston University School of Public Health, Center for Climate Health, Boston, MA *Diet Disparities & Climate Health: Using Community-Participatory Mixed Methods and Systems Science Approaches to Address their Interconnections*, February 5 2025.
- Towson University, College of Business and Economics, Baltimore, MD. *Addressing Diet Disparities: The Need to Inform Policies and Programs with Community-Participatory Mixed Method*, September 26 2024
- Tufts University Friedman School of Nutrition Sciences and Policy, Boston, MA. *Diet Disparities: The Need to Inform Policies and Programs with Community-Participatory Mixed Methods*, March 26 2024
- Universidad de Campinas, Campinas, Brasil. *Mulheres que alimentam ideias, ciência e iniciativas*, October 26 2021
- Universidad de Los Lagos, Grupo de Estudios de Política Alimentaria, Chile. *COVID-19 y la alimentación escolar en Latinoamérica: Estrategias de adaptación de programas nutricionales en los primeros 6 meses de pandemia*, November 24 2020
- Cornell University, Nutrition Department, Ithaca NY. *Challenges to Addressing Dietary Disparities*. April 2020
- Yale School of Medicine, Equity Research and Innovation Center, Yale Transdisciplinary Collaborative Center for Health Disparities Research, New Haven, CT, *Using Community-Based Participatory Research to Inform Strategies for Public Health Nutrition*, September 26-28 2018
- Johns Hopkins Bloomberg School of Public Health, Baltimore, MD. *Challenges to Addressing Dietary Disparities* October 2019
- Baylor College of Medicine, Houston, Texas, *Challenges to Addressing Dietary Disparities*, June 2020 (postponed).
- University of Nebraska Medical Center and Center for Reducing Health Disparities, Gretchen Swanson Center for Nutrition, Omaha, Nebraska. *Using Community-Based Participatory Research To Improve Drinking Water*. May 2016.
- Virginia Commonwealth University Global Health Symposium, Virginia. *Water Up! A Case Study For Improving Access To Drinking Water In A Largely Latino Immigrant Community In The US..* April 1 2016
- Morgan State University. Baltimore, MD, *Open Data for Public Health Research*. Open Data Symposium. November 2016
- University of Puerto Rico, Medical Sciences School, San Juan PR, *Using Community Based Participatory Research to Improve Health Equity*. January 13 2016
- University of Puerto Rico. Research Centers in Minority Institutions, Medical Sciences School, San Juan, PR. *Regrouping To Address Challenges To Community-Based Participatory*

Research In Public Health Nutrition. January 12 2015

7c. Selected Research Presentations at Professional Society Meetings in the last 10 years (* denotes mentee student or community stakeholder)

Society for Nutrition Education and Behavior

Plenary for the Presentation of the Position of the Society on Nutrition During Emergencies, on behalf of the Society for Nutrition, Education and Behavior, March 24 2025

Colón-Ramos U, Nutrition in Emergencies: Lessons Learned and Opportunities Moving Forward, August 2021.

Robert Wood Johnson Foundation, Healthy Eating Research Annual Meeting (by invitation only)

Colón-Ramos U, Luisi A, Campos M, Chen D, Ellis W. Strategies to reduce SSB and increase water consumption (mostly from tap) in Puerto Rico: Results from Group Model Building, Denver, CO, March 2024.

Colón-Ramos U, Estrade M*, Mui Y, Burgos-Gil R*, Witting L*, Gittelsohn J. Beverage Consumption in Early Childhood, Healthy Eating Research annual meeting, Durham, NC, March 2023.

American Public Health Association

Guerra-Uccelli N*, O'Connor L*, Poirier L*, Rosas C*, Ostolaza CJ*, Meléndez Colón O*, Díaz C*, Garcia Blanco AM*, Curran S*, Long M, Gittelsohn J, Tavárez H, **Colón-Ramos U**. Poster: Results of an online-grocery shopping labeling experiment for local, ecological produce in a highly food insecure sample in Puerto Rico, Washington, DC. Nov 2025.

Guerra Uccelli N*, Estradé M*, Romero R*, Rochon E*, Velez-Burgess V*, Robinson-Oghogho J*, Fuster M, Hua S*, Cruz J*, Gittelsohn J*, **Colón-Ramos U**. Presentation: Menu decision-making for independently-owned restaurants in predominantly Latino neighborhoods. Washington, DC. Nov 2025.

Rout S*, Velez-Burgess V*, Poirier L*, Tucker C*, Williamson S* Gittlesohn J, **Colón-Ramos U**, Poster: Developing a Process Implementation Plan for FRESH: A Restaurant-Based Intervention in Metro DC and Baltimore. Washington, DC. Nov 2025.

Robinson-Oghongho J, **Colón-Ramos U**, Tong H*, Poirier L*, Velez-Burgess V*, Rochon E*, Tucker AC*, Gittelsohn J. Presentation: Assessing the Self-Efficacy of Independent Restaurant Owners to Incorporate Alternative Food Practices: Learnings from the FRESH Intervention. Washington, DC. Nov 2025.

Colón-Ramos U, (Moderator) Intersection of Food, Nutrition, Climate, and the Environment Session. Washington, DC. Nov 2025.

Colón-Ramos U, Estrade M*, Mui Y, Burgos-Gil R*, Witting L*, Gittelsohn J. Presentation: Equitable Beverage Policies in Early Childhood. Boston, MA. October 2022.

Colón-Ramos U, Panelist: Community-based participatory research forum. Using community-based participatory approaches to address drinking water safety among vulnerable populations. Denver, CO. Nov 1 2016.

Nutrition and Obesity Policy Research and Evaluation Network (NOPREN)

Santillán-Vázquez C*, Hernández L*, Reese AC*, Burgos-Gil R*, Cleary SD, Rivera IM*, Gittelsohn J, Edberg MC. Monge-Rojas R, **Colón-Ramos U**. Presentation: Mixed Methods Results of the Water Up! @Home Intervention Trial. NOPREN Drinking Water Group. October 2021.

American Society of Nutrition (Experimental Biology Conference)

Colón Ramos U, Quiñones Vega D*, Roess A. Presentation: Federal Emergency Foods Distributed to Households in Puerto Rico after Hurricane Maria Do Not Align with the US Nutritional Guidelines, Boston, June , 2018.

Colón Ramos U, López-Rios M*, Rivera I, Turner M, Cleary SD, Edberg MC. Presentation: Increasing tap water drinking behaviors among young Latino Children and their Parents, Boston, June 9, 2018.

Colón-Ramos U, Edberg M, Cleary S, Evans WD, Andrade E. Presentation: Using a community-based participatory approach to design changes to the food environment in a Central American immigrant community. San Diego, CA April 2016.

Colón-Ramos U, Thurman S, Burns H*, Trezza C*, Gurman T. Presentation: Shaping our kids' diets: home and neighborhood. Results from photovoice exercise with low-income African American mothers living in a food desert. San Diego, CA April 2016.

Colón-Ramos U, Cremm E*, Rivera I, Edberg M. Presentation: Barriers, facilitators and strategies to support healthy eating among recent Hispanic immigrant mothers living in a food swamp: a photovoice project. San Diego, CA April 2016.

Fuster M, **Colón-Ramos U**. Presentation: Barriers and facilitators to healthy eating: a transnational comparison of Central American communities in a socio-ecological framework. San Diego, CA April 2016.

Barrett N*, **Colón-Ramos U**, Rivera I, Evans D, Edberg M. Presentation and poster Promoting drinking water among Latino immigrant youth. San Diego, CA April 2016.

Childhood Obesity Conference

Colón Ramos U. Presentation: Mobilizing communities around safe drinking water access and promotion. San Diego, CA, June 2017.

ISBNPA (International Society of Behavioral Nutrition and Physical Activity)

Guerra Uccelli N* (presenter) Addressing System-Level Barriers to Nutrition Security in Puerto Rico in the Face of Climate Change: A Community-Based System Dynamics Approach. Selected for a **SIG award (only the top three submissions were selected)**, Nebraska, June 2024.

Sebastian-Lonth S*, Guerra Uccelli N*, Ostolaza C*, Rosas C*, Poirier L, Díaz C*, Meléndez Colón O*, Garcia Blanco AM*, Tirado F*, Gittelsohn J, Colón-Ramos. Poster: Sociodemographic Variables Associated with Food Insecurity in Puerto Rico, Nebraska, June 2024.

Poirier L, Sebastian-Lonth S*, Guerra Uccelli N*, Ostolaza C*, Rosas C*, Poirier L, Díaz C*, Meléndez Colón O*, Garcia Blanco AM*, Tirado F*, Gittelsohn J, Colón-Ramos. Presentation: Food Literacy Scores in Puerto Rico, Nebraska, June 2024.

Colón-Ramos U, Monge-Rojas R, Smith Castro V, Ganiban J, Alcántara C, Sotres Alvarez C, Mattei J, Guellman M, Penedo F, Gallo L. Poster: The association between family environment, stress, and diet quality: Results from the HCHS/SOL Sociocultural Ancillary Study. June 9, 2017, Victoria, Canada.



8) UNIVERSITY SERVICE

8a. Department of Global Health

- Appointments, Promotion and Tenure Committee, 2018-Present
- MPH Admissions Committee, 2013-2025
- Admissions Committee Representative for our Department, 2025-Present
- Experiential Learning Committee, 2012-2013

8b. Milken Institute School of Public Health

- Search Committee Food Policy Center Director, 2024
- Food & Food Systems Committee, Milken Institute School of Public Health Strategic Planning Initiative, 2024-Present
- Search Committee Food Policy Institute Director, 2021-2022
- School Undergraduate Student Curriculum Committee, 2014- 2018
- Interdisciplinary Student Community-Oriented Prevention Enhancement Service (ISCOPES), School of Medicine and School of Public Health, judge 2015
- Diversity, Inclusion and Equity Committee, 2017-2018
- Faculty Head for the School Student Affairs Advisory Board, 2014-2015
- Undergraduate Public Health Major Expansion Task Force, 2014-2016
- Milken Institute School of Public Health By-Laws Committee, 2012

8c. Department of Exercise and Nutrition Sciences

- Thesis and Practicum Coordinator for students with global nutrition interest, 2017
- Peace Corps Master's International, Public Health Nutrition MPH program, coordinator, 2016
- Nutrition Research Group, 2014-2015
- Faculty Search Committee, Fall 2014 – Spring 2015
- Public Health Nutrition Faculty Search Committee, 2016
- Public Health Nutrition Program, Curriculum Development, 2013-2015

8d. GW University Service at Large

The Global Food Institute, Affiliate Faculty 2024-Present

Center for Community Resilience, Affiliate Faculty 2020-Present

Cisneros Hispanic Leadership Institute

Affiliate Faculty and Mentor, 2018-Present

Caminos Al Futuro for underrepresented minority high schoolers, Cisneros Center Leadership Summer Camp, Mentor 2019-Present

Institute for International Economic Policy, Elliott School of International Affairs, Affiliate Faculty 2015-Present

GW American Medical Physiology Club Research Symposium, Mentor 2023-2024

GW School of Medicine & Health Sciences,

Working Effectively with Community Partners. Clinical Public Health Summit on Obesity, Panelist and Project Advisor, 2019-2022

Sumner M Redstone Global Center for Prevention and Wellness

Senior Center Specialist Search Committee Assistance, 2025

Honey W. Nashman Center for Civic Engagement and Public Service

Faculty Lead. Alternative Spring Break Service Learning for Undergraduates, 2021

Judge and Mentor Research Posters Research Day 2017-2018

Community-based Participatory Research Faculty Learning Collaborative 2018-Present

School of Engineering and Applied Science, GW Innovation Center

Judge for the Innovation Challenge, 2018

Office of GW President

DC Urban Food Task Force, 2012-2015



9) PROFESSIONAL SOCIETIES AND MEMBERSHIP

American Public Health Association, 2006-2008, 2014-2018, 2022-2025

International Society of Behavioral Nutrition and Physical Activity, 2017, 2019

DC Food Policy Task Force, Nutrition Equity Committee, Washington DC, 2015

Robert Wood Johnson Foundation New Connections Scholar, 2014-2018

NIDDK Network of Minority Research Investigators, 2003-2005

World Public Health Nutrition Association, 2010-2014

Ciencia Puerto Rico – www.cienciapr.com, 2005-Present

Society for Latin American Nutrition, 2003-2018

American Oil Chemist Society, student member 2004-2005

9a. Salient Examples of Editorial Peer Review Service since 2004-Present

- Public Health Nutrition Journal
- Health Policy and Planning
- American Journal of Public Health
- J of Nutrition
- J of Nutrition, Education, and Behavior
- J of Academy of Nutrition and Dietetics
- J of Health Communications: International Perspectives
- J of Immigrant and Minority Health
- BMC Open
- Preventing Chronic Disease

9b. Peer-Reviewer of National and International Research Grants

US National Institutes of Health Special Emphasis, Nutrition, Diet, Obesity, and Diabetes
Behavioral Interventions and Outcomes, April 2026

US National Institute of Diabetes and Digestive and Kidney Diseases, Time-Sensitive Obesity
Policy and Program Evaluation R01 Panel, 2024

US National Institute of Neurological Disorders and Stroke

- Research Education Opportunities R25 (Ad Hoc Reviewer,) 2020
- K Awards K22, K01 (Ad Hoc Reviewer), 2021

Puerto Rico Science, Technology and Research Trust Catalyzer Research Grant (Ad Hoc Reviewer), 2016 & 2020

Mexico National Council of Science and Technology (CONACYT) (Ad Hoc Reviewer), 2019-2020

USAID Mini-university abstract reviewer, 2012 – 2023

Prevention Research Center on Nutrition and Physical Activity, Child Health Pilot Studies, Harvard T.H. Chan School of Public Health, Boston, MA (Ad Hoc Reviewer), 2019

University of Costa Rica, Office of Vice President for Investigation- Propuestas para el fondo especial de estímulo a la investigación, San José, Costa Rica, 2016-2019

Entertainment Industry Foundation *Somos Una Voz*, community grant reviewer for Cuba, Puerto Rico, Mexico, 2020

US Office of Minority Health, Empowered Communities for a Healthier Nation Initiative (Ad Hoc Reviewer) 2017

University of Puerto Rico, Medical Sciences Campus, Pilot Awards (Ad Hoc Reviewer) 2016

American Society for Nutrition abstract reviewer, 2015

10) PUBLIC HEALTH PRACTICE

10a. Panelist & Technical Advice Talks

US National Collaboration Childhood Obesity Research

Individual and environmental level diet-related measurement needs for high-risk populations with a focus on children/families. Washington DC, September 23-24 2019.

US Fogarty Division of International Science Policy, Planning and Evaluation

Leveraging food environments for food and nutrition security. Global Food and Nutrition Insecurity Webinar Series, November 2022.

American Red Cross, Federal Emergency Management Agency (FEMA) & US Department of Agriculture (USDA) forum

Nutrition during Emergencies Committee Inaugural Presentation, Nutrition & Disaster in Puerto Rico, Virginia. September 2018

Instituto de Investigaciones Científicas y Servicios de Alta Tecnología de Panamá

Seminario de Actualización Internacional sobre Conductas Nutricionales, Tuberculosis, VIH y otras enfermedades crónicas. Coclé, República de Panamá. March 22-23 2018.

Secretaría Nacional de Ciencia y Tecnología e Innovación (SENACYT) de Panama

National Conference on Science and Technology. *Nutritional Risk Factors Of Diabetes And Tuberculosis*. City of Knowledge, Republica de Panama, October 2016.

Pan-American Health Organization

Transferencia del conocimiento científico en acciones concretas para la salud pública. Healthy Fats Conference. San José, Costa Rica, August 2006.

Translating Nutrition Research into Action. Task Force Trans Fat-free Americas, Washington DC, April 26-27 2007.

United States Department of Agriculture

Caribbean Climate Hub, 3rd Climate Change in the Caribbean Conference, *Nutrition Security In The Face Of Disasters: Findings From Puerto Rico*. April 19 2022.

10b. Public Health Practice: Invited Talks for Practitioners and non-Academic Audience

George Washington University

Institute for Food Safety and Nutrition Security, Milken Institute School of Public Health, [Connecting Our Cities Through Food: The Power of Local Food Policy](#), Tabletop Discussion leader, March 19 2025

GW School of Medicine & Health Sciences, Working Effectively with Community Partners. Clinical Public Health Summit on Obesity, Washington DC, 2019-2022

Center for Community Resilience, Annual Meeting, GW, Washington DC, *Community Engaged Research Roundtable and Fireside Chat*, Panelist, June 22 2023

Academy of Nutrition and Dietetics

Editor's Podcast, Using water filters to increase water consumption among Hispanic Communities, Journal of the Academy of Nutrition and Dietetics 2023

Virginia Foundation for Healthy Youth and Prevention Connections, Reston, VA

[Champions for Youth Summit](#) on September 30 – October 2 2024

Museo De Vida Silvestre, San Juan, PR

Salud Pública y Nutrición en Puerto Rico, Speaker, September 16 2016

Audubon Naturalist Society, MD

Naturally Latinos Conference Hispanic & Professional Panel, 2017

Johns Hopkins University, Baltimore MD

Latino Public Health Network, *Obesity Disparities among Latinos*, Speaker, March 28 2016

Centro SOL (Salud y Oportunidades para Latinxs), Photovoice Methodology Training 2018

Nutriendo Puerto Rico, San Juan, PR

Establishing A Culture of Data. Cumbre Sabor y Vida, Donde la Salud y la Nutrición se Encuentran, Panelist, November 16-17 2023

Nutrition Equity Series and Virtual Talks, Moderator, February-April 2021

Maryland Fighting Hunger Conference, Baltimore, MD. Using Data to Understand Hunger, Speaker, October 11 2013

Fundación Navis, San Juan, PR. Conversatorio-Inseguridad Alimentaria en Puerto Rico Parte II Moderator, April 8 2021

Alianza Hispana para la Investigación Clínica y Transnacional, San Juan, PR, *Seguridad Nutricional en las Políticas de Emergencia de los Estados Unidos*, Speaker, October 17 2023

Robert Wood Johnson Foundation

New Connections Program Twitter chat– A post-hurricane diet in Puerto Rico. Member, December 7 2017.

World Central Kitchen

Creating Resilient Food Systems in the Caribbean: US Virgin Islands, Barbados, Puerto Rico. A panel discussion with featured leaders in the government, industry and region, Moderator, July 19 2021

10c. Public Health Practice Working Groups

American Red Cross

Technical Advisory Committee on Emergency Nutrition, 2019-2024

Academy Health and the OpEd Project *Public Voices Fellow*: selected as a thought leader in public health, health research, and health policy, 2023- 2024

The Conservancy Trust, Para la Naturaleza

Technical Advisory Committee/Comité Asesor de Para La Naturaleza, Fideicomiso de Conservación de Puerto Rico, 2024-Present

Healthy Eating Research and Nutrition and Obesity Policy Research and Evaluation Network (NOPREN)

- Healthy Food Retail Leadership Working Group, **Co-Chair**, 2020-2022
- Food Insecurity during COVID-19 National Working Group, 2022-2023
- Drinking Water Working Group 2020-Present

National Science Foundation

CONVERGE Food Environment, Food Security during Disasters Working Group, 2020-2022

Convergence Accelerator Food and Nutrition Security Cohort, 2022

National Drinking Water Alliance, Coordinated by Nutrition Policy Institute, University of California Agriculture and Natural Resources, Affiliate, 2020-Present

Puerto Rico Comprehensive Cancer Control Plan, Member, San Juan PR, 2022-2027

Robert Wood Johnson Foundation Healthy Eating Research National Program, Washington DC

Technical Advisor for Developing a Strategic Research Agenda for Eliminating Consumption of Sugar-Sweetened Beverages and Increasing Water Use in Early Childhood, 2018

US Department of Agriculture

Center for Nutrition Policy and Promotion (CNPP), Measuring the Cost of the Thrifty Food Plan study Advisory Board 2020-2021

Puerto Rico Food Security Study, Technical Working Group, 2024

GusNIP 2.0: Nutrition Incentive Program Training, Technical Assistance, Evaluation, and Information Center (NTAE), US Territory Advisor, 2024

Horizon Foundation, Columbia, MD
Howard County Unsweetened Technical Advisory Board 2017-2019
Healthy Howard, Advisory Board, 2017-2019

Entertainment Industry Foundation, NY
Expert Scientist Advisor to *Somos Una Voz*, a charitable service fund 2018-2019

David Rockefeller Center for Latin American Studies, Cambridge, MA,
Community Advisory Board, student member 2002-2004

11) EXTERNAL SCIENTIFIC PARTNERSHIPS

Yale University, New Haven, CT
[Equity Research and Innovation Center](#)
Eastern Caribbean Health Outcomes Research Network (ECHORN) Cohort Study, 2012-2017

University of Minnesota
Innovation in Measurement for Diet-Related Disease Research: Optimizing Utility and Reach to Reduce Health Disparities. Home Food Inventory Study, PI: Jayne Fulkerson, Role: Technical Advisor. 2022-2027

11a. Professional Mentorship

Washington University, St Louis, MO
Cardiovascular Genetic Epidemiology **PR**ograms to Increase **M**entoring of **E**arly-stage Health Researchers (**PRIME**), External Mentoring Pool & Recruiting Faculty Committee. 2024-2028

Robert Wood Johnson Foundation
Healthy Eating Research Program, Faculty Mentor for Postdoctoral and early career faculty during the Healthy Eating Research Annual Meeting, 2025

Health Policy Research Scholar Program, Career Coach in Food Systems, Carol Ramos, 2021

11b. External Scientific Advisory and Review Boards

Eunice Kennedy Shriver National Institute of Child Health and Human Development
Nutrition for Precision Health, All of Us Research Program, Data and Safety Monitoring Board (Member), 2022-Present

Research Centers in Minority Institutions (RCMI) University of Puerto Rico
Center for Collaborative Research in Health Disparities, Expert Advisory Board 2018-Present

Texas A&M University & Chicago Council on Global Affairs
Committee on Securing Nutrition Equity across the Food Environment. Translational priorities in Responsive Agriculture for the benefit of the nation, 2023-2024

Western Oregon University, Monmouth, OR
Community Health Program, College of Education, Division of Health and Exercise Science, External Reviewer of Program Performance, 2021-2022

Fogarty International Center, Center for Global Health Studies, Bethesda, MD,
Childhood Obesity Prevention Across Borders: The Promise of US-Latin American Research Collaboration Workshop & Technical Advisory Board, 2019

University of Maryland Baltimore County MD
Disasters Food Security Survey Research Study, Scientific Advisory Group. PI. L Clay, 2020-2021

Center for Nutrition and Health Impact, Omaha NE
Expert Working Group for the Development of Supplemental Module to Complement Existing Food Security Measures, 2018-2022

Tufts University, Boston MA
Advisory Board, "You're the Mom" Research Study. PI: C Economos. 2020-2022

11c. Other Significant Volunteer Activities that I Would Like to Highlight

Ciencia Puerto Rico
Ambassador and mentor for middle school girls in STEM science. *Semillas de Triunfo Program*, 2020-2022

Family Mentor of an international refugee family, Soccer Without Border Organizations, Baltimore, MD, 2021-2022

Capital Area Food Bank, Nutritionist 2008

DC Cares, Volunteer, 2005-2006

Boys & Girls Club of Boston. Mentor and nutrition teacher, 2003-2004

The Ronald McDonald House of Boston, Volunteer 2002-2003

Harvard SPH Student Council, Sports & Nutrition Representative, 2002-2003

After-school tutor for low-income elementary schoolchildren in Cuernavaca, Mexico, Volunteer and tutor, 2000-2001

Esperanza after-school tutoring program for low-income students, Ithaca, NY, 1995, 1996-1999 (coordinator and volunteer)

12) TEACHING & MENTORING

12a. Course Development at GW

Public Health Nutrition Masters' Program at GW, Curriculum Development with Dr. Kim Robien 2014

International Food and Nutrition Programs and Policies, Course Director 2011-Present

Evaluation of Food and Nutrition Programs and Policies, Course Director

- GW @MPH Online course 2018-2021
- In-Person course 2015-2017

Global Health Nutrition for undergraduates, Course Director 2012-2014

12b. Courses Taught at GW

Ethical and Cultural Issues in Global Health Research and Programming, Course Director 2017-2018

Qualitative Research Methods for Global Health, Course Director 2011-2013, 2017, 2018-Present.

An Introduction to Global Health, Co-Instructor 2010

12c. Courses Developed & Taught Elsewhere

Tufts University, Friedman School of Nutrition, Boston MA

Addressing Diet Disparities: Using participatory approaches to inform policies, Mar 2024

Pan-American Health Organization, Washington DC & Quito, Ecuador

Design Of Nutrition Programs And Establishment Of A Continuous System Of Quality

Control for Ministries of Health personnel in Latin America. Co-instructors: Grajeda R and Perez-Escamilla, R. June 2017-Sept 2018
2018.

Universidad de Extremadura, Spain

Políticas y problemáticas de salud pública en América Latina – Definiciones y aportaciones contemporáneas desde la antropología 2017

Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

Food and Culture course, Guest Lecturer, 2021-present.

Secretaria Nacional de Ciencia, Tecnologia e Innovacion, Panamá

Double burden of diabetes and tuberculosis in the city of Colon, 2016-2018

12d. Advising & Mentoring

Junior/Early Career Faculty Advising

- Dr. Kristen Cooksey-Stowers, University of Connecticut. Using a mixed methods community-based participatory approach to design an intervention plan for food swamps. K Award Role: Committee Member, 2020-Present.
- Dr. Xindy Hu, Assistant Professor, Department of Environment and Occupational Health, GW. Role: Faculty Mentor Committee Member, 2025-Present.

GW Doctoral Students

- Sneha Rout, PhD Candidate, GW Milken Institute School of Public Health. Start Date: Fall 2024. Role: Main advisor.
- Mariana Fagundes Grilo, MPH, PhD Candidate, EPAN, GW Milken Institute School of Public Health Fellow, Sumner M. Redstone Global Center for Prevention and Wellness. Role: Committee Member.
- Jasmine H Kaidbey, PhD Candidate, Exercise and Nutrition Sciences, George Washington University. Degree completed Fall 2024. Role: Committee Member.

GW DrPH Candidates

- Molly E. Lauria, MP, DrPh Candidate GW Milken Institute School of Public Health. Role: Committee Member.
- Ligia Esther Aranda, DrPH. Dissertation: Accountability, performance measurement, and performance information use in primary health care system improvement in El Salvador and Honduras. Degree completed Spring 2020. Role: Committee Member.
- Emily Peca, DrPH. Dissertation: Experiences and Perceptions of Disrespect and Abuse During Facility-based Childbirth in the Western Highlands of Guatemala: a mixed methods analysis. Degree completed Spring 2016. Role: Committee Member.
- Shabab Wahid, DrPH. Dissertation: Lived experience of mental illness, its link with stress, and subsequent coping strategies of young men living in urban slums of Bangladesh. Degree completed Spring 2020. Role: Committee Member.

Practicum & CE Advisees in the last 8 years

Department of Epidemiology

Sabrina Loth, Practicum & CE Advisor MPH '24

Amanda Reese, Practicum & CE Advisor MPH '20

Department of Global Health

Rosalinda Romero, Department of Global Health, CE Advisor, MPH '24
Maria Aramburu, Department of Global Health, Practicum and CE Advisor MPH '22
Sara Seper Department of Global Health, CE Advisor, MPH '20
Shannon McCarley, Practicum and CE advisor MPH '19;
Nicole Barrett, Practicum and CE advisor MPH '18
Veronica Leach, CE advisor, MPH '18

Department of Prevention and Community Health

Iman Lee, Practicum & CE Advisor MPH '20

Department of Exercise and Nutrition Sciences

Mairyn Lopez Rios, Practicum and CE advisor MPH '19
Alysa Grude, Department of Exercise & Nutrition Sciences, CE advisor MPH '18

Students Supervised During Research as part of the Diet Disparities Lab (in the last 5 years)

Columbian College of Arts and Sciences

- Loidy Quevedo Arredondo, BA '28,
- Maria Colonia, BA '27,
- Sebastian Sabrera, BA '25
- Natalia Guerra Uccelli, BA '23,
- Patricia Sanchez, BS '24
- Mia Grossman, BA '25;
- Maya Stovall, BA '25;
- Esabella Vasquez, BA '25
- Emilio Rabel, BA '25
- Delilah Cruz (Cisneros Leadership Institute) BA '25;
- Jacob Arias (Cisneros Leadership Institute) BA '25;
- Alexis Aitana Godoy, BS '21;
- Claudia Santillan Vazquez, Elliott School of International Affairs, BA '22;

Department of Environmental and Occupational Health

- Lillian Witting, Department of Environmental Health Science & Policy MPH '22;
- Natalia Guerra Uccelli, Department of Environmental Health Science & Policy MPH; '25

Department of Prevention and Community Health

- Edlyn Rochon, MPH '26;

Department of Global Health

- Sofia Machado, Department of Global Health MPH '20;

Department of Epidemiology

- Jessica Cruz, Department of Epidemiology, MPH '26;
- Lauren O'Connor, Department of Epidemiology PhD '25;