

Emily E. Hohman

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EDUCATION

- 2014 **Ph.D.** Nutrition Science. Purdue University. Dissertation title: Calcium isotope tracers from deep-labeled bone – methodology and evaluation of botanical therapies. Advisor: Connie Weaver, PhD
- 2008 **B.S.** Nutritional Sciences. Cornell University.

POSITIONS HELD

- 2017-pres Assistant Research Professor (formerly titled Research Associate), Center for Childhood Obesity Research, Penn State University, University Park, PA
- 2014-2017 Research Technologist, Center for Childhood Obesity Research, Penn State University, University Park, PA
- 2008-2014 Graduate Research Assistant, Department of Nutrition Science, Purdue University, West Lafayette, IN

AWARDS

- 2019 Outstanding Abstract Award, Women's Health SIG, Soc. of Behavioral Medicine
- 2017 NIH Matilda White Riley Early Career Investigator paper award
- 2013 Purdue Graduate Student Government Travel Award
- 2011 Alice L. Jee Young Investigator Award, IBMS Sun Valley Workshop
- 2011 Winner, Interdepartmental Nutrition Program Poster Session, Purdue University
- 2004-2008 Cornell Tradition Fellowship, Cornell University

RESEARCH SUPPORT – COMPLETED

- | | | |
|--|---------------|----------|
| (Hohman) | 7/2018-6/2019 | \$16,966 |
| Penn State Social Sciences Research Institute | | |
| <i>Perinatal opioid use and maternal nutrition and health status</i> | | |
| Role: PI | | |
| (Weaver) | 2012-2013 | \$25,000 |
| California Table Grape Commission | | |
| <i>The effect of grapes on bone health and calcium metabolism in a rat model of post-menopausal osteoporosis</i> | | |
| Role: Graduate student investigator and co-writer of grant | | |

PUBLICATIONS

1. Savage JS, **Hohman EE**, McNitt KM, Pauley AM, Leonard KS, Turner T, Pauli JM, Gernand AD, Rivera DE, Symons Downs D. Uncontrolled eating during pregnancy predicts fetal growth: the Healthy Mom Zone Trial. *Nutrients* 2019; 11: 899.
2. Paul IM, **Hohman EE**, Birch LL, Shelly A, Vallotton CD, Savage JS. Exploring infant signing to enhance responsive parenting: findings from the INSIGHT study. *Maternal & Child Nutrition* 2019; epub ahead of print.
3. Eagleton SG, **Hohman EE**, Birch LL, Paul IM, Savage JS. INSIGHT study maternal return to work and infant weight outcomes. *Academic Pediatrics* 2019; 19(1): 67-73. PMID: 30145361
4. **Hohman EE**, Balantekin KN, Birch LL, Savage JS. Dieting is associated with reduced bone mineral accrual in adolescent girls. *BMC Public Health* 2018; 18: 1285. PMID: 30466435.
5. Guo P, Rivera DE, Savage JS, **Hohman EE**, Pauley AM, Leonard KS, Symons Downs D. System identification approaches for energy intake estimation: enhancing interventions for managing gestational weight gain. *Transactions on Control System Technology* 2018.
6. Freigoun MT, Rivera DE, Guo P, **Hohman EE**, Gernand AD, Symons Downs D, Savage JS. A dynamical systems model of intrauterine fetal growth. *Mathematical and Computer Modelling of Dynamical Systems* 2018; 24 (6): 661-687. PMID: 30498392.
7. Pauley AM, **Hohman EE**, Savage JS, Rivera DE, Guo P, Symons Down D. Gestational weight gain intervention impacts determinants of healthy eating and exercise in overweight/obese pregnant women. *Journal of Obesity* 2018:6469170. PMID:30364005.
8. **Hohman EE**, Hodges JK, Wastney ME, Lachcik PJ, Han CY, Dwyer D, Peacock M, Kostenuik PJ, Weaver CM. Serum calcium concentration is maintained when bone resorption is suppressed by osteoprotegerin in young growing male rats. *Bone* 2018; 116: 162-170. PMID: 30077758
9. Balantekin KN, **Hohman EE**, Adams EL, Marini ME, Ventura AK, Birch LL, Savage JS. More rapid increase in BMI from age 5-15 is associated with elevated weight status at age 24 among non-Hispanic white females. *Eating Behaviors* 2018; 31: 12-17. PMID: 30053676
10. Savage JS, **Hohman EE**, Marini M, Shelly AS, Paul IM, Birch LL. INSIGHT responsive parenting intervention and infant feeding practices: randomized clinical trial. *International Journal of Behavioral Nutrition and Physical Activity* 2018; 15:64. PMID: 29986721
11. Anzman-Frasca S, Paul IM, Moding KJ, Savage JS, **Hohman EE**, Birch LL. Effects of INSIGHT obesity preventive intervention on reported and observed infant temperament. *Journal of Developmental and Behavioral Pediatrics* 2018; 39:736-743. PMID: 29927795
12. Symons Downs D, Savage JS, Rivera DE, Smyth J, Rolls BJ, **Hohman EE**, McNitt K, Kunselman A, Stetter C, Pauley AM, Leonard KS, Guo P. Individually-tailored, adaptive intervention to manage gestational weight gain: Protocol for a randomized controlled trial in overweight and obese women. *JMIR Research Protocols* 2018; 7: e150. PMID: 29884603
13. **Hohman EE**, Savage JS, Birch LL, Beiler JS, Paul IM. Pacifier use and early life weight outcomes in the Intervention Nurses Start Infants Growing on Healthy Trajectories Study. *Childhood Obesity* 2018; 14: 58-66. PMID: 28976781
14. Paul IM, **Hohman EE**, Loken E, Savage JS, Anzman-Frasca S, Carper P, Marini ME, Birch LL. Mother-infant room sharing and sleep outcomes in the INSIGHT study. *Pediatrics* 2017; 140: e20170122. PMID: 28759407

15. **Hohman EE**, Paul IM, Birch LL, Savage JS. INSIGHT responsive parenting intervention is associated with healthier patterns of dietary exposures in infants. *Obesity* 2017; 25: 185-191. PMID: 28008749 **Selected as "Editor's Choice" for January 2017 issue
16. Berger PK, **Hohman EE**, Marini ME, Savage JS, Birch LL. Girls' picky eating in childhood is associated with normal weight status from ages 5 to 15 y. *Am J Clin Nutr* 2016; 104: 1577-1582. PMID: 27797710
17. **Hohman EE**, Weaver CM. A grape-enriched diet increases bone calcium retention and cortical bone properties in ovariectomized rats. *J Nutr* 2015; 145: 253-259. PMID: 25644345
18. **Hohman EE**, McCabe GP, Peacock M, Weaver CM. Validation of urinary calcium isotope excretion from bone for screening anabolic therapies for osteoporosis. *Osteoporos Int* 2014; 25: 2471-2475. PMID: 24969137
19. Lipkie TE, Janasch A, Cooper BR, **Hohman EE**, Weaver CM, Ferruzzi MG. Quantification of vitamin D and 25-hydroxyvitamin D in soft tissues by liquid chromatography-tandem mass spectrometry. *J Chromatogr B*. 2013; 932: 6-11. PMID: 23811497
20. **Hohman EE**, Martin BR, Lachcik PJ, Gordon DT, Fleet JC, Weaver CM. Bioavailability and efficacy of vitamin D2 from UV-irradiated yeast in growing, vitamin D-deficient rats. *J Agric Food Chem*. 2011; 59: 2341-6. PMID: 21332187
21. Adamec J, Janasch A, Huang J, **Hohman E**, Fleet JC, Peacock M, Ferruzzi MG, Martin B, Weaver CM. Development and optimization of an LC-MS/MS-based method for simultaneous quantification of vitamin D2, vitamin D3, 25-hydroxyvitamin D2, and 25-hydroxyvitamin D3. *J Sep Sci*. 2011; 34: 11-20. PMID: 21171171

BOOK CHAPTERS

1. **Hohman EE**, Savage JS. Disparities in bottle feeding: prevalence, predictors, and consequences. In *Bottle Feeding: Practices, Attitudes, and Health Considerations*, editor Alison K. Ventura. New York: Nova Science Publishers, 2018. p. 149-221.
2. Weaver CM, **Hohman EE**. Comparison of natural products for effects on bone balance. In: Burckhardt P, Dawson-Hughes B, Weaver CM, editors. *Nutritional influences on bone health, 8th international symposium*. London: Springer; 2013. p. 147-156.

INVITED PRESENTATIONS

1. **Hohman EE**, Paul IM, Birch LL, Savage JS. INSIGHT responsive parenting intervention is associated with healthier patterns of dietary exposures in infants. NIH Matilda White Riley Social Science Honors – Early Career Investigator Paper award, April 25, 2017, Bethesda, MD.

CONFERENCE ABSTRACTS – ORAL PRESENTATIONS

1. **Hohman EE**, Savage JS, Birch LL, Paul IM. Sleep duration and eating behaviors among toddlers in the INSIGHT Study. To be presented at ObesityWeek 2019, Las Vegas, NV, November 7, 2019.

2. Symons Downs D, Savage JS, Rivera DE, Pauley AM, Leonard KS, McNitt KM, **Hohman EE**, Guo P, Kunselman AR, Stetter C. Gestational weight gain intervention for women with overweight impacts energy intake & expenditure. To be presented at ObesityWeek 2019, Las Vegas, NV.
3. Symons Downs D, Rivera DE, Savage JS, Stetter C, Kunselman AR, Pauley AM, Leonard KS, Guo P, **Hohman EE**. Optimizing an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. Presented by Dr. Symons Downs at Society of Behavioral Medicine Annual Meeting 2019, Washington, DC, March 6-9, 2019.
4. **Hohman EE**, Birch LL, Paul IM, Savage JS. Psychosocial and demographic predictors of structure-based feeding among mothers in the INSIGHT RCT. Presented at Obesity Week 2017, Washington, DC.
5. Eagleton SG, **Hohman EE**, Birch LL, Paul IM, Savage JS. Bottle feeding but not milk type impacts infant weight gain and weight status across the first year. Presented by Ms. Eagleton at Obesity Week 2017, Washington, DC.
6. Savage JS, **Hohman EE**, Paul IM, Birch LL. Parenting profiles associated with rapid infant weight gain in the INSIGHT trial. Presented by Dr. Savage at Obesity Week 2017, Washington, DC.
7. **Hohman EE**, Savage JS, Birch LL, Beiler JS, Paul IM. INSIGHT study pacifier use and early life weight outcomes. Presented by Dr. Paul at Pediatric Academic Societies Annual Meeting, May 2017, San Francisco, CA.
8. Paul IM, **Hohman EE**, Loken E, Savage JS, Anzman-Frasca S, Carper P, Marini ME, Birch LL. Mother-infant room sharing and sleep outcomes in the INSIGHT study. Presented by Dr. Paul at Pediatric Academic Societies Annual Meeting, May 2017, San Francisco, CA.
9. Symons Downs D, Savage JS, Rivera DE, Leonard KS, Pauley AM, **Hohman EE**, Guo P. mHealth self-monitoring of physical activity and weight within a prenatal intervention to manage gestational weight gain. Presented by Dr. Symons Downs at Society of Behavioral Medicine Annual Meeting 2017, San Diego, CA.
10. Symons Downs D, Savage JS, Rivera DE, Leonard KS, Pauley AM, **Hohman EE**, Guo P. Influence of a feasibility study on the design of an individually-tailored, adaptive intervention to manage weight in overweight and obese pregnant women. Presented by Dr. Symons Downs at Society of Behavioral Medicine Annual Meeting 2017, San Diego CA.
11. **Hohman EE**, Birch LL, Anzman-Frasca S, Paul IM, Savage JS. INSIGHT responsive parenting intervention moderates the relationship between temperamental negativity and exposure to high-energy density foods, but not beverages. Presented at Obesity Week 2016, New Orleans, LA.
12. Eagleton SG, **Hohman EE**, Birch LL, Paul IM, Savage JS. Timing of return to work is associated with infant rapid weight gain and toddler overweight/obesity. Presented by Ms. Eagleton at Obesity Week 2016, New Orleans, LA.
13. **Hohman EE**, Savage JS, Paul IM, Birch LL. INSIGHT study parenting intervention to prevent childhood obesity improves patterns of dietary exposures in infants. Presented at Experimental Biology 2016, San Diego, CA.

14. **Hohman EE**, Savage JS, Marini M, Paul IM, Birch LL. A parenting intervention in the first year after birth impacts feeding practices and styles related to child obesity risk. Presented at Obesity Week 2015, Los Angeles, CA.

CONFERENCE ABSTRACTS – POSTER PRESENTATIONS

1. Ruggiero CF, **Hohman EE**, Birch LL, Paul IM, Savage JS. Child satiety responsiveness moderates INSIGHT RP intervention effects on pressure-based feeding. To be presented at ObesityWeek 2019, Las Vegas, NV, Nov 3-7, 2019.
2. Leonard KS, Guo P, Pauley AM, **Hohman EE**, McNitt KM, Rivera DE, Savage JS, Symons Downs D. Accuracy of back-calculated energy intake: comparing estimated vs. measured resting metabolic rate. To be presented at ObesityWeek 2019, Las Vegas NV, Nov 3-7, 2019.
3. Pauley AM, Leonard KS, **Hohman EE**, Rivera DE, Guo P, Savage JS, Symons Downs D. Agreement between self-report & objective sleep in pregnant women with overweight & obesity. To be presented at ObesityWeek 2019, Las Vegas, NV, Nov 3-7, 2019.
4. Pauley AM, Leonard KS, **Hohman EE**, Rivera DE, Guo P, Savage JS, Symons Downs D. Influence of weight management intervention on night awakenings in pregnant women. To be presented at ObesityWeek 2019, Las Vegas, NV, Nov 3-7, 2019.
5. McNitt KM, **Hohman EE**, Haines J, Davison K, Savage JS. Development of the Media Parenting Scale to measure screen related parenting practices. To be presented at ObesityWeek 2019, Las Vegas, NV, Nov 3-7, 2019
6. Gernand AD, Taylor LA, **Hohman EE**, McNitt KM, Symons Downs D, Savage JS. Micronutrient status across pregnancy in women with overweight and obesity. American Society for Nutrition Annual Meeting 2019.
7. Hodges J, Wastney M, **Hohman EE**, Weaver CM. A dynamic model of calcium metabolism for predicting the effects of treatments on bone mineral mass in young growing rats. American Society for Nutrition Annual Meeting 2019.
8. **Hohman EE**, McNitt KM, Pauley AM, Leonard KS, Gernand AD, Pauli JM, Turner T, Symons Downs D, Savage JS. Fetal adipose accumulation rate in early- but not mid-3rd trimester is associated with postnatal weight and adiposity. NIH Workshop: Body Composition Measurements from Birth through 5 Years: Challenges, Gaps, and Existing & Emerging Technologies, Bethesda, MD, May 30-31, 2019
9. Hyzcko AV, Paul IM, **Hohman EE**, Birch LL, Anzman-Frasca S, Savage JS. Sex differences in maternal restrictive feeding practices in the INSIGHT study. Pediatric Academic Societies Annual Meeting 2019, April 24-May 1, 2019.
10. **Hohman EE**, Corr TE, Kawasaki S, Savage JS, Symons Downs D. Nutritional status differs by prescription opioid use among women of reproductive age. Society of Behavioral Medicine Annual Meeting 2019, Washington, DC, March 6-9, 2019. *Received an Outstanding Abstract Award from the Women's Health Special Interest Group
11. **Hohman EE**, McNitt KM, Pauley AM, Leonard KS, Symons Downs D, Savage JS. Added sugar from beverages vs. foods is differentially associated with fetal weight in pregnant women with overweight/obesity. Society of Behavioral Medicine Annual Meeting 2019, Washington, DC, March 6-9, 2019

12. Pauley AM, **Hohman EE**, Rivera DE, Savage JS, Leonard KS, Guo P, Symons Downs D. Association between sleep and depressive symptoms in pregnant women with overweight and obesity. Society for Behavioral Medicine Annual Meeting 2019, Washington, DC, March 6-9, 2019
13. Leonard KS, Pauley AM, Guo P, **Hohman EE**, Rivera DE, Savage JS, Buman MP, Symons Downs D. Accelerometer wear time threshold in pregnant women with overweight and obesity. Society for Behavioral Medicine Annual Meeting 2019, Washington, DC, March 6-9, 2019
14. **Hohman EE**, McNitt K, Pauley AM, Leonard KS, Pauli J, Gernand A, Rivera DE, Smyth JM, Symons Downs DS, Savage JS. Within-person cortisol is associated with fetal growth in pregnant women with overweight/obesity. Obesity Week 2018, Nashville, TN, November 11-15, 2018.
15. Pauley AM, **Hohman EE**, Leonard KS, Guo P, Rivera DE, Savage JS, Symons Downs D. Sleep and gestational weight gain in pregnant women with overweight and obesity. Obesity Week 2018, Nashville, TN, November 11-15, 2018.
16. Leonard KS, Pauley AM, Guo P, **Hohman EE**, Savage JS, Rivera DE, Symons Downs D. Change in mobile resting metabolism and adherence to gestational weight gain guidelines. Obesity Week 2018, Nashville, TN, November 11-15, 2018.
17. **Hohman EE**, Birch LL, Paul IM, Savage JS. Patterns of dietary intake at age 1 year differ between first- and second-born siblings. Nutrition 2018, Boston, MA, June 9-12, 2018.
18. Hodges JK, Wastney ME, **Hohman EE**, Lachcik PJ, Martin B, Weaver CM. A dynamic model of calcium metabolism predicts a higher gain in bone calcium mass in young growing rats treated with osteoprotegerin. Nutrition 2018, Boston MA, June 9-12, 2018.
19. **Hohman EE**, Birch LL, Paul IM, Savage JS. Psychosocial and demographic predictors of structure-based feeding among mothers in the INSIGHT RCT. Penn State Women's Health Research Day, Nov 6 2017, University Park, PA.
20. Leonard KS, Pauley AM, Guo P, Rivera DE, **Hohman EE**, Savage JS, Symons Downs D. Feasibility & validity of assessing resting metabolic rate with mobile metabolism in pregnant women. Obesity Week Oct 2017, Washington, DC.
21. Pauley AM, **Hohman EE**, Savage JS, Leonard KS, Symons Downs D. Overweight pregnant women's low psychological health & control: possible barriers to self-regulation. Obesity Week, Oct 2017, Washington, DC.
22. Freigoun M, Guo P, Rivera DE, **Hohman E**, Pauley A, Symons Downs D, Savage JS. A dynamical systems model for understanding how the intrauterine environment affects fetal growth in an intervention context. Society of Behavioral Medicine Annual Meeting, March 2017, San Diego, CA.
23. Symons Downs D, Savage JS, **Hohman E**, Guo P, Rivera DE. An individually-tailored gestational weight gain intervention impacts determinants of healthy eating and exercise behaviors in overweight and obese pregnant women. Obesity Week 2016, New Orleans, LA.
24. **Hohman EE**, Savage JS, Paul IM, Birch LL. INSIGHT study parenting intervention to prevent childhood obesity improves patterns of dietary exposures in infants. Experimental Biology 2016 (Emerging Clinical Leaders poster contest finalist), San Diego, CA.

25. Savage JS, **Hohman EE**, Paul IM, Birch LL. Parenting intervention reduces the use of feeding to soothe infant distress. International Society for Behavioral Nutrition and Physical Activity annual meeting 2015, Edinburgh, Scotland.
26. **Hohman EE**, Weaver CM. Dietary dried grape improves bone calcium retention in ovariectomized rats. American Society for Bone and Mineral Research annual meeting 2013, Baltimore, MD.
27. **Hohman EE**, Martin BR, McCabe LD, McCabe GP, Jackson GS, Peacock M, Weaver CM. Use of calcium isotope tracers for screening potential treatments for osteoporosis. Experimental Biology 2013, Boston MA.
28. **Hohman EE**, McCabe GP, Weaver CM. Validation of urinary ^{45}Ca excretion from deep-labeled bone for screening anabolic osteoporosis therapies in rats. American Society for Bone and Mineral Research annual meeting 2012, Minneapolis, MN.
29. **Hohman EE**, McCabe GP, Weaver CM. Soy isoflavones, alone or in combination with risedronate, do not reduce bone resorption in ovariectomized rats. American Society for Bone and Mineral Research annual meeting 2011, San Diego, CA.
30. **Hohman EE**, Martin BR, McCabe GP, Weaver CM. Use of urinary excretion of ^{45}Ca from deep-labeled bone to screen potential osteoporosis therapies in rats. International Bone and Mineral Society Sun Valley Workshop, 2011, Sun Valley, ID.
31. **Hohman EE**, Martin BR, Lachcik PJ, Gordon DT, Fleet JC, Weaver CM. Vitamin D3 and D2-rich yeast are equally effective in improving trabecular bone quality in vitamin D deficient rats. American Society for Bone and Mineral Research annual meeting 2010, Toronto, ON.

TEACHING EXPERIENCE

Pennsylvania State University, University Park, PA

2019 Guest Lecturer – NUTR 532 Childhood Obesity

Purdue University, West Lafayette, IN

2012 Teaching Assistant – FN 303 Essentials of Nutrition

2011 Teaching Assistant – FN 436 Nutritional Assessment

Cornell University, Ithaca, NY

2007 Teaching Assistant – NS 115 Nutrition, Health, and Society

OUTREACH ACTIVITIES

2019 Nutrition and healthy snack demonstration. Teen Night, Bellefonte Youth Center, Bellefonte, PA (May 2, 2019)

MENTORSHIP ACTIVITIES

Undergraduate Honors Student – Thesis Mentor

2018 Emily DuBartell

SERVICE & LEADERSHIP ACTIVITIES

2019 Penn State Graduate Exhibition – Poster judge
2018 Center for Childhood Obesity Research – Postdoc Search Committee
2017-2018 The Obesity Society Diversity Committee, Early career representative
2011-2012 Purdue Graduate Student Government, Senator for Department of Nutrition Science
2011-2014 Purdue University College of Health and Human Sciences Diversity Council, Graduate student representative for Department of Nutrition Science

PROFESSIONAL MEMBERSHIPS

2019-pres Society of Behavioral Medicine
2018-pres International Congress on Infant Studies
2016-pres The Obesity Society
2011-pres American Society for Nutrition
2009-2014 American Society for Bone and Mineral Research

PEER REVIEW

Ad hoc peer review

Advances in Nutrition

BMJ Open

Childhood Obesity

Current Developments in Nutrition

International Journal of Obesity

Journal of Medical Internet Research

Journal of Nutrition Education and Behavior

Maternal & Child Health Journal

Obesity Reviews

Public Health Nutrition

Experimental Biology 2017 abstracts

Nutrition 2018 abstracts

Nutrition 2019 abstracts