

# Emily M. Melnick, MPH

## CONTACT

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## EDUCATION

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- Expected 2021 **PhD in Health and Behavioral Sciences**  
University of Colorado Denver, Denver, CO  
Dissertation Project: “Beyond risk: Exploring the relationship between maternal perceptions of social support and child body mass index using the Fragile Families Study.”
- May 2015 **Master of Public Health, Public Health Nutrition**  
Colorado School of Public Health, Aurora, CO  
Capstone Project: “Development and Evaluation of Nutrition Newsletter Articles for Childcare Providers in Larimer County”
- May 2011 **Bachelor of Science, Kinesiology and Psychology**  
The College of William and Mary, Williamsburg, VA

## ACADEMIC RESEARCH POSITIONS

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2015–present **Culture of Wellness in Preschools Program, University of Colorado Denver**

2017 –present *Senior Professional Research Assistant*

- Assist in process and outcome evaluation activities including field observations, qualitative data analysis, and quantitative data analysis
- Prepare manuscripts, grants, and professional presentations to further program recognition and funding
- As Interim Program Manager in Oct 2018–Jan 2019, coordinated implementation of the COWP Nutrition Education Program (COWP-NE) and COWP Physical Activity Program (COWP-PA) in 268 preschool classrooms across Colorado
  - Oversaw a team of 10 Health Promotion Coordinators
  - Directly supervised 3 staff members

2015–2017 *Professional Research Assistant*

- Administered the Culture of Wellness in Preschools (COWP) program to 102 preschool classrooms across Denver and Jefferson counties
- Contributed to final reports, IRB submissions, grants, and presentations

- 2014–2015 **Fuel For Fun: Cooking with Kids Plus Parents and Play, Colorado State University**  
*Research Assistant and Food Educator*
- Taught series of 10 cooking and tasting lessons with accompanying nutrition education curriculum to 5 fourth grade classrooms in Larimer County
  - Assisted in project evaluation activities including process evaluation, data entry, and data analysis
- 2013–2014 **Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP), Colorado State University**  
*Graduate Assistant*
- Developed training material for SNAP-Ed and EFNEP paraprofessional educators
  - Assisted in evaluation activities including focus group transcription and analysis
- 2009–2011 **Jack Borgenicht Altitude Physiology Research Facility, The College of William and Mary**  
*Research Assistant*
- Collaborated in writing proposal for research study on asthmatic's response to simulated cabin pressure and oxygen content of air on commercial airplanes
  - Implemented trainings for student research assistants on VO<sub>2</sub> max testing protocol

## TEACHING POSITIONS

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- 2017–18 **University of Colorado Denver, Department of Health and Behavioral Sciences**  
*Teaching Assistant and Recitation Instructor – Undergraduate-level Introduction to Public Health, PBHL 2001*
- Overall instructor rating: 4.63/5
- 2017 **University of Colorado Denver, Department of Health and Behavioral Sciences**  
*Teaching Assistant - Undergraduate-level Global Health Perspectives, PBHL 3070*

## SCHOLARSHIPS, FELLOWSHIPS, GRANTS, AND AWARDS

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- 2020 Online Course Design Graduate Student Fellowship Award, University of Colorado (\$4,000)
- 2020 HBS Outstanding Doctoral Student Award, University of Colorado
- 2020 HBS Teaching Fellow, University of Colorado (\$12,000)
- 2020 HBS Research Fellow, University of Colorado (\$8,000)
- 2020 HBS Doctoral Student Summer Research Award, University of Colorado (\$4,000)

- 2019 HBS Doctoral Student Research Award, University of Colorado (\$1,000)
- 2018 HBS Research Fellowship Award, University of Colorado (\$4,500)
- 2017 Principal Investigator, HBS Graduate Student Grant-In-Aid Award, University of Colorado Denver, “Using a Segmented Plate to Increase Fruit and Vegetable Consumption in Preschoolers – A Nudge Theory Approach to Childhood Obesity Prevention” (\$2,000)
- 2009 All-Academic Team Member, Virginia Sports Information Directors Association
- 2008-09 Two-Time Awardee, Women’s Cross Country Scholar Athlete of the Year, Colonial Athletic Conference
- 2008-09 Two-Time Awardee, All-Academic Team Member, U.S. Track and Field Coaches Association

#### PEER REVIEWED JOURNAL ARTICLES

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**Melnick, E.,** Thomas, K., Farewell, C., Quinlan, J., & LaFlamme, D., et al. (2020). Impact of a Nutrition Education Programme on Preschool Children’s Willingness to Consume Fruits and Vegetables. *Public Health Nutrition*. doi:10.1017/S1368980019005032.

**Melnick, E.,** & Li, M. (2019). Association of Plate Design With Consumption of Fruits and Vegetables Among Preschool Children. *JAMA Pediatrics*, 172(10), 982-983. doi:10.1001/jamapediatrics.2018.1915.

*\*Paper featured in The New York Times, U.S. News and World Report, CNN News, Reuters, and MSN among other news outlets.*

#### OTHER PUBLICATIONS

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**Melnick, E.,** & Li, M. (2019). Comments Regarding Nutrition Study Among Preschool Children–Reply. *JAMA Pediatrics*, 173(3), 293-294. doi:0.1001/jamapediatrics.2018.5041.

#### MANUSCRIPTS UNDER REVIEW

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Farewell, C., **Melnick, E.,** & Leiferman, J. Maternal Mental Health and Early Childhood Development: Exploring Critical Periods and Unique Sources of Support. Manuscript submitted for publication.

Farewell, C., Quinlan, J., **Melnick, E.,** Powers, J., & Puma, J. Quality of Worklife, Mental Health and Wellbeing Among the Early Childcare Workforce Serving High Need Populations. Manuscript submitted for publication.

Farewell, C., Quinlan, J., **Melnick, E.**, Lacy, R., Kauie, M., Thayer, Z., & Leiferman, J. Resiliency in New Zealand Moms with Young Children: Using Qualitative Data to Explore Cultural Variations in Protective Factors. Manuscript submitted for publication.

#### MANUSCRIPTS IN PROGRESS

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**Melnick, E.**, Hostinar, C., & Doom, J. A Systematic Review of the Association Between Social Support and Body Mass Index Across the Lifespan. Manuscript in preparation.

**Melnick, E.**, Powers, J., Webb, J., Bergling, E., Mairruo, E., & Farewell, C. Determinants of and Outcomes Associated with Workplace Social Capital in an Early Childhood Education Setting.

**Melnick, E.**, Pendleton, D., Young, M., Bergling, E., Atwood, J., & Puma, J. Outcomes from a School-Based Nutrition Education Program. Manuscript in preparation.

Quinlan, J., **Melnick, E.**, Farewell, C., Scarbro, S. & Puma, J. Validation of Two Tools to Assess Physical Activity Among Preschool-Aged Children. Manuscript in preparation.

Powers, J., **Melnick, E.**, Farewell, C., Scarbro, S. & Puma, J. Impact of a Physical Activity Program on Preschool Children's Time Spent in Moderate to Vigorous Physical Activity. Manuscript in preparation.

#### PROFESSIONAL PRESENTATIONS

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Puma, J., Quinlan, J. Powers, J., **Melnick, E.**, and Farewell, C. (2020). Quality of Workplace, Mental Health and Wellbeing Among the Early Childcare Workforce Serving High Need Populations. *Abstract* accepted for presentation at the annual meeting for the American Public Health Association, San Francisco, CA (virtual conference).

Li, M. & **Melnick, E.** (2019). Nudging 3-5-year-olds Towards Fruit and Vegetable Consumption Through Plate Design. *Paper* presented in the symposium "Nudging Health Behavior" (Symposium Chair) at the Biannual Subjective Probability, Utility, and Decision Making (SPUDM) *Conference*, Amsterdam, NL.

**Melnick, E.**, & Thomas, K. (2018). A Nutrition Education Program in Preschool Settings Increases Children's Willingness to Try Fruits and Vegetables. *Paper* presented at the Public Health in the Rockies annual conference, Copper, CO.

**Melnick, E.** & Li, M. (2018). Association of Plate Design with Consumption of Fruits and Vegetables Among Preschool Children. Poster presented at the annual meeting for Society for Judgment and Decision Making (SJDM), New Orleans, LA.

**Melnick, E.** & Li, M. (2018). Can 3-5 Year Olds Be Nudged Towards Fruits and Vegetables? An Intervention Using Segmented Plates with Visual Cues in a Preschool Setting. Poster

presented at the annual meeting at the Association of Psychological Sciences (APS) annual conference, San Francisco, CA.

Farewell, C., Laflamme, D., Doig, T., **Melnick, E.**, & Puma, J. (2017). The Culture of Wellness in Preschools: A Multi-Strategy Early Childhood Obesity Prevention Program. Poster presented at the annual meeting for the American Public Health Association, Denver, CO.

## INVITED TALKS

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“Beyond Risk: Exploring the Relationship Between Maternal Perceptions of Social Support and Adolescent Body Mass Index Using the Fragile Families Study,” Colloquium Series in the Health and Behavioral Sciences, HBSC 7001, University of Colorado Denver. Denver, CO. October 18, 2019.

“A Life Course Perspective of Childhood Obesity Prevention,” Guest Lecture in Undergraduate-level Race, Class and Health Course, PBHL 1001, University of Colorado Denver. Denver, CO. October 26, 2017.

## PROFESSIONAL AFFILIATIONS

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Association of Psychological Science  
Population Association of America  
Colorado Public Health Association

## COMMUNITY LEADERSHIP AND SERVICE

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2018–present **Colorado Department of Public Health and Environment**  
*Early Childhood Obesity Prevention in Early Care and Education Advisory  
Committee Member*

2015–2019 **Jefferson County Head Start**  
*Health Advisory Committee Member*

2015–2019 **Lakewood County Head Start**  
*Health Advisory Committee Member*

2015 **Larimer County Department of Health and Environment**  
*Community Health Improvement Plan (CHIP) Committee Member*

2014–2015 **Early Childhood Council of Larimer County**  
*Volunteer Health Coordinator*

2014 **Colorado State University Denver Extension**  
*Volunteer Project Coordinator*