

Lizzy Pope, PhD, RD  
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#### **CURRENT POSITION**

**University of Vermont (UVM)**, Burlington, VT

Assistant Professor and Director of the Didactic Program in Dietetics, 2014-present  
Department of Nutrition and Food Sciences

#### **EDUCATION AND TRAINING**

**Cornell University**, Ithaca, NY

Post-Doctoral Research Associate, 2013-2014

Charles H. Dyson School of Applied Economics and Management

Food and Brand Lab & Center for Behavioral Economics in Child Nutrition Programs

Director: Dr. Brian Wansink

**The University of Vermont**, Burlington, VT

Doctor of Philosophy in Animal, Nutrition, and Food Sciences, 2013

Dissertation Title: Burn and Earn: Incentivizing Exercise in First-Year College Students

Advisor: Dr. Jean Harvey

**Teachers College Columbia University**, New York, NY

Master of Science in Nutrition and Applied Physiology and Dietetic Internship, May 2008

Thesis Title: The Influence of Labeling the Vegetable Content of Snack Foods on Children's Taste

Preferences: A Pilot Study

GPA: 4.05

Registered Dietitian, February 2009

**Dartmouth College**, Hanover, NH

Bachelor of Arts in Psychological and Brain Sciences, summa cum laude, June 2005

Member of Phi Beta Kappa Honor Society, top 20 in class

#### **RESEARCH EXPERIENCE**

##### **Current**

- Designing and implementing a series of choice architecture interventions to shift purchasing in the online-grocery environment. Collaborating with Rosie, an online retailer.
- Conducting a project that will incentivize exercise for high school students using a gamification model working with a local game development company, GameTheory.
- Examining the impact of several behavioral economic strategies on food selection and school lunch participation.

**Post-Doctoral Research Associate**, Food and Brand Lab, Cornell University, 2013-2014

- Analyzed data and constructed manuscripts on a wide-variety of topics related to behavioral economics and nutrition behaviors including food-purchasing patterns, positive/negative health-message framing, and the relationship between watching cooking-TV shows and BMI.
- Carried out intervention planning and field work for an Agricultural and Food Research Initiative (AFRI)-funded study using behavioral economic principles to increase consumption of fruits, vegetables, white milk, and whole-grains in school lunches in rural vs. urban schools.
- Conceptualized and assisted with lab-based studies examining psychological influences on people's food choices.

## TEACHING EXPERIENCE

### Assistant Professor, University of Vermont

- Professor for “Nutrition in Health Promotion and Disease Prevention,” an upper-level class in the Nutrition and Food Sciences Department. The class focuses on how nutrition can best promote optimal health, and how to communicate nutrition messages to the broader public. Use Keynote, iclickers, and interactive/creative class assignments. Mentored graduate TA’s to assist with assessment and class planning (Average Enrollment=80).
- Professor for “Fundamentals of Nutrition,” the introductory nutrition class at UVM. The class introduces students to foundational concepts in the nutrition field. Managed graduate and undergraduate TAs to assist with assessment and student learning experiences (Average Enrollment=270).

### Lecturer, Cornell University, Fall 2013

- Lecturer for “Consumer Behavior” with Dr. Brian Wansink. Constructed and delivered class content addressing behavioral economics, shopping behavior, and psychological influence techniques. Assisted with in-class experiments addressing eating behavior. (Average Enrollment=120)

## PRACTICAL DIETETICS EXPERIENCE

### Clinical Dietitian, Dartmouth Hitchcock Medical Center, March 2009-July 2009

- Performed assessments and consults for admitted patients in all units including critical care, oncology, general medicine, orthopedics, surgical, and pediatrics.
- Counseled patients on how to best maximize their nutrition for optimal healing and health maintenance.
- Formulated nutrition support recommendations for appropriate patients.

### Dietetic Internship, Teachers College Columbia University, January 2008-December 2008

- Researched and designed sports nutrition and general wellness lessons for corporate and private clients.
- Conducted nutrition education and physical activity programs for public elementary school students in disadvantaged neighborhoods, for adult English learners, and for HIV/AIDS patients.
- Assisted with food-safety initiatives and kitchen/cafeteria operations.
- Completed clinical assessments of long-term care and acute-care patients with many nutrition-related diagnoses.

## PEER-REVIEWED PUBLICATIONS

**Pope, L.,** Garnett, B., Dibble, M. (2017). Engaging adolescents in inform the development of a mobile gaming app to incentivize physical activity. *JMIR Research Protocols*. In Press.

**Pope, L.,** Hansen, D., Harvey, J. (2016). Examining the weight trajectory of college students. *Journal of Nutrition Education and Behavior*. 49(2). 137-141.e1. doi:10.1016/j.jneb.2016.10.014.

Wansink, B., Latimer, L., **Pope, L.** (2016). “Don’t Eat So Much:” How parent comments relate to female weight satisfaction. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*. In-Press. doi:10.1007/s40519-016-0292-6.

Latimer, L., **Pope, L.,** Wansink, B. (2015). Food Neophiles: Profiling the adventurous eater. *Obesity*. 23(8): 1577-81. doi: 10.1002/oby.21154.

**Pope, L.,** Latimer, L., Wansink, B. (2015). Viewers vs. Doers: The relationship between watching food television and BMI. *Appetite*, 90. 131-135. doi:10.1016/j.appet.2015.02.035

Wansink, B., **Pope, L.** (2015). When do gain-framed health messages work better than fear appeals? *Nutrition Reviews*. 73(1). 4-11. doi: h10.1093/nutrit/nuu010.

**Pope, L.,** Harvey, J. (2015). The impact of incentives on intrinsic and extrinsic motives for fitness-center attendance in college first-year students. *American Journal of Health Promotion*, 29(3). 192-9. doi: 10.4278/ajhp.140408-QUAN-135.

**Pope, L.,** Hanks, A.S., Just, D., Wansink, B. (2014). New Year's Res-Illusions: Food shopping in the New Year competes with healthy intentions. *PLOS ONE*. 9(2). doi: 10.1371/journal.pone.0110561.

**Pope, L.,** Harvey, J. (2014). The efficacy of incentives to motivate continued fitness-center attendance in college first-year students: A randomized controlled trial. *Journal of American College Health* 62(2), 81-90. doi: 10.1080/07448481.2013.847840.

**Pope, L.,** Harvey-Berino, J. (2013). Burn and Earn: A randomized controlled trial incentivizing exercise during fall semester for college first-year students. *Preventive Medicine*, 56(3-4), 197-201. doi: 10/1016/j.ypmed.2012.12.020.

Dunn-Carver, M., **Pope, L.,** Dana, G., Dorwaldt, A., Flynn, B., Bunn, J., & Harvey-Berino, J. (2013). Evaluation of a teacher-led physical activity curriculum to increase preschooler physical activity. *Open Journal of Preventive Medicine*, 3(1), 141-147. doi: 10.4236/ojpm.2013.31018.

Harvey-Berino, J., **Pope, L.,** Casey Gold, B., Leonard, H., & Belliveau, C. (2012). Undergrad and overweight: an online behavioral weight management program for college students. *Journal of Nutrition Education and Behavior*, 44(6), 604-608. doi: 10.1016/j.jneb.2012.04.016.

**Pope, L.,** & Wolf, R. (2012). The influence of labeling the vegetable content of snack food on children's taste preferences: A pilot study. *Journal of Nutrition Education and Behavior*, 44(2), 178-182. doi: 10.1016/j.jneb.2010.02.006.

**Pope, L.,** Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2011). The impact of high-calorie-expenditure exercise on quality of life in older adults with Coronary Heart Disease. *Journal of Aging and Physical Activity*, 19(2), 99-116. doi: 10.1123/japa.19.2.99.

#### **BOOK CHAPTERS**

Pope, L., Higgins, S., Epstein, L. (2017). "Behavioral Economics and Obesity," in *Eating Disorders and Obesity*. Ed. Brownell, K., and Walsh, T. The Guilford Press. New York, NY.

#### **MANUSCRIPTS UNDER REVIEW**

**Pope, L.,** Roche, E., Morgan, C., Kolodinsky, J., (Under Review). Sampling tomorrow's lunch today: Examining the effect of sampling on school lunch participation. *Journal of Nutrition Education and Behavior*.

**Pope, L.,** Feinberg, H. (Under Review). Examining the Role of Willful Ignorance in Snack Consumption, a Randomized Trial. *Journal of the Academy of Nutrition and Dietetics*.

#### **PEER-REVIEWED ABSTRACTS**

**Pope, L.**, Hansen, D., Mower, L., Harvey, J. (2015). Fatter After Four Years: Examining the Weight Trajectory of College Students. *Obesity 2015, 33<sup>rd</sup> Annual Scientific Meeting*

Wansink, B., Smith, L.E., **Pope, L.** (2015). Which Health Messages Work Best? Experts Prefer Fear –or Loss-Related Messages, but the Public Follows Positive, Gain-Related Messages. *Journal of Nutrition Education and Behavior*. 47(4): S93.

**Pope, L.**, Hanks, A.S., Just, D., Wansink, B. (2014). New Year’s Res-Illusions: Food shopping in the New Year competes with healthy intentions. *Experimental Biology*.

**Pope, L.**, Latimer, L., Wansink, B. (2014). Viewers vs. doers: how watching food television and cooking frequency relate to BMI. *Experimental Biology*.

Latimer, L., **Pope, L.**, Wansink, B. (2014). “Don’t Eat So Much.” How parental comments about a girl’s weight influence her as an adult. *Experimental Biology*.

**Pope, L.**, Harvey-Berino, J. (2013). The efficacy of incentives to motivate continued fitness-center attendance in college first-year students: A randomized controlled trial. *Obesity 2013, 31<sup>st</sup> Annual Scientific Meeting*.

**Pope, L.**, Harvey-Berino, J. (2013). Incentive provision and motives for exercise in college first-year students: A randomized controlled trial. *Obesity 2013, 31<sup>st</sup> Annual Scientific Meeting*.

**Pope, L.**, Harvey-Berino, J. (2012). Burn and Earn: Incentivizing exercise in first-year college students. *Obesity 2012 30<sup>th</sup> Annual Scientific Meeting*.

**Pope, L.**, Harvey-Berino, J. (2012). The association between delay discounting and exercise goal achievement in first-year college students. *International Society of Behavioral Nutrition and Physical Activity*.

**Pope, L.**, Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2010). The impact of high-calorie-expenditure exercise and behavioral weight loss on quality of life and exercise enjoyment in older adults with Coronary Heart Disease. *International Society of Behavioral Nutrition and Physical Activity*.

**Pope, EF**, Wolf, RL. (2008). The effect of labeling the vegetable content of snack foods on children's taste preferences. *J Am Diet Assoc*. 108(suppl):A117.

#### **PEER-REVIEWED PAPERS PRESENTED**

**Pope, L.**, Garnett, B., Dibble, M. (2016, November). Harnessing youth-voice to develop a mobile gaming app to incentivize physical activity among high school students utilizing principles of behavioral economics. Presented at the American Public Health Association’s Annual Meeting, Denver, CO.

**Pope, L.**, Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2010, June). The Impact of High-Calorie-Expenditure Exercise and Behavioral Weight Loss on Quality of Life and Exercise Enjoyment in Older Adults with Coronary Heart Disease. Poster presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Minneapolis, MN.

## **GRANTS**

PI: Hannaford Charitable Foundation. Motivating Healthy Behavior for Adolescents. 2017-2018. \$25,000.

PI: UNC-DUKE USDA BECR Center. Innovatively Using eCommerce to Promote Healthy Grocery Purchases. August 2017-July 2018. \$46,875. This project will examine how changing the default arrangement of an eCommerce grocery site impacts purchasing behavior.

Co-PI: USDA Hatch Act Funds. Incentivizing Physical Activity Using Gamification, A Pilot Study. 2015-2018. \$60,000.

PI: UVM Venture Funds. Incentivizing Physical Activity Using Gamification, A Pilot Study. 2016. \$45,000.

Co-PI: Cornell BEN Center Small Grants Program. Sampling Tomorrow's Lunch Entrée Today. 2015-2016. \$31,173

Co-Investigator: USDA Hatch Act Funds. Burn and Earn: Incentivizing Physical Activity in College Freshmen. 2010-2012. \$34,900.

## **JOURNAL REVIEWER**

*Nutrition Reviews*, 2017

*Health Education & Behavior*, 2016

*PLOS ONE*, 2016

*American Journal of Preventive Medicine*, 2016

*Public Health Nutrition*, 2015

*Translational Issues in Psychology*, 2015

*Annals of Behavioral Medicine*, 2013

## **INVITED PRESENTATIONS**

Gund Center Tea. Burlington, VT (March, 2017). Encouraging Healthier Decisions Using Behavioral Economics.

UVM Honors College Plenary. Burlington, VT (November, 2016). Explaining Our Rational Irrationality with Behavioral Economics and Beyoncé.

Vermont Academy of Nutrition and Dietetics Annual Meeting. Essex, VT (April, 2016). Why Did I Eat the Whole Thing? Using Behavioral Economics to Help Explain and Shift Our Health Care Decisions.

Shelburne Bay Residence Lecture Series. Shelburne, VT (April, 2016). Understanding Our Irrationality to Improve Our Health Decisions.

UVM Foundation Ira Allen Lecture Series. New York, NY (March, 2016). Why Did I Eat the Whole Thing? Understanding Our Health Decisions Through Behavioral Economics.

Marathon Health. Winooski, VT (March, 2016). Behavioral Economics: The Science of Irrational Decision Making.

UVM Rubenstein School Spring Seminar Series on "Human Behavior and Sustainability." Burlington, VT (April, 2015). No Thought For Food: Behavioral Economics and the Subconscious Influences On Our Health Decisions.

Burlington Healthcare Innovators Show & Tell Meetup, Burlington, VT (March, 2015). Using Technology for Nutrition and Physical Activity Research.

Vermont Center on Behavior and Health 2<sup>nd</sup> Annual Conference on Behavior Change, Health, and Health Disparities, Burlington, VT (October, 2014). Leveraging Choice Architecture in Promoting Healthy Food Choices.

Vermont Department of Health Grand Rounds, Burlington, VT (December, 2013). Behavioral Economics and Health Behaviors.

Ithaca College Staff Wellness Program, Ithaca, NY (December 2013). Mindlessly Eating Better.

Vermont School Boards Insurance Trust, Vermont Education Health Initiative Summer Conference, Stowe, VT (June, 2012). Willpower. What Is It? How Can I Get More?

Boston Hemophilia Center Fall Family Education Program, Boston, MA. (October, 2011). “Less Fat = Less Factor” Practical Tips for Healthier Eating.

Hemophilia Practitioners Region I Annual Meeting, Essex, VT (May 2011). Practical Approaches to Obesity in Patients with Hemophilia.

#### **POPULAR PRESS COVERAGE**

“Viewers vs. Doers. The relationship between watching food television and BMI” was featured on NPR, the Today Show, the Washington Post, Cooking Light, and a variety of other publications in March 2015.

“New Year’s Res-Illusions: Food shopping in the New Year competes with healthy intentions” was widely covered in many press outlets including the NYTimes, NPR Salt blog, the LA Times, VPR, Today, Yahoo Health, and Men’s Health Magazine in January 2015.

Burn and Earn was cited in the *New York Times Magazine* on January 19, 2014 in an article titled, “Shoring Up Those Fitness Resolutions” by Gretchen Reynolds.

The *Journal of Nutrition Education and Behavior* press released “The influence of labeling the vegetable content of snack food on children’s taste preferences: A pilot study” as “Should we play hide-and-go-seek with our children’s vegetables?” in March 2012. Received coverage by various news outlets and blogs including NPR, Jezebel, Medical News Today, and dailyRx.

#### **ADDITIONAL PROFESSIONAL TRAINING**

**Sustainability Faculty Fellow**, University of Vermont, 2014-2015 cohort

- Chosen to be part of a faculty cohort discussing and operationalizing sustainability.
- Attended workshops and two-day institute discussing the meaning of sustainability and how the principles can be integrated into one’s classroom activities.

**Post-Doctoral Leadership Program**, Cornell University, 2013-present

- Chosen to participate in program aimed at developing leadership skills for academia.
- Program provided a forum to discuss and develop leadership skills related to team building, group dynamics, problem solving, cultural fluency, conflict resolution, facilitation of change, and understanding your personal leadership style.

### **Graduate Teaching Program, University of Vermont, 2009-2013**

- Completed the Graduate Teaching Program developed by the Center for Teaching and Learning at UVM.
- Attended seminars on “best teaching practices” and current topics in education including flipped classrooms, Universal Design for Learning, engagement strategies, and technology in the classroom.
- Observed award-winning teachers, and developed ways to apply new teaching strategies to my classes.
- Chosen to attend workshop on “Engaging Students in Large Enrollment Courses” at the Center for Teaching and Learning at UVM.
- Selected to speak about the Large Enrollment workshop and the Graduate Teaching Program as part of the Center for Teaching and Learning’s presentation to the UVM Board of Trustees, winter 2013.

### **SELECTED HONORS, AWARDS, AND FELLOWSHIPS**

- Nominated for UVM’s Kroepsch-Maurice Excellence in Teaching Award in the Assistant Professor category for 2016, 2017, and 2018.
- Recipient of the Vermont Women in Higher Education Peggy R. Williams Emerging Professional Award for 2015.
- Academy of Nutrition and Dietetics Foundation’s 2012 Lydia J. Roberts Memorial Scholarship in Public Health Nutrition, 2012
- Vermont Dietetic Association Outstanding Educator Award, May 2011
- American Dietetic Association Dietetic Educators of Practitioners Outstanding Educator Award for Area 7 (CT, ME, MA, NH, NJ, NY, RI, VT), April 2011
- American Dietetic Association Foundation’s scholarship, 2010
- Early inductee to Phi Beta Kappa honor society, top 20 in class, Dartmouth College, 2004

### **PROFESSIONAL AFFILIATIONS, UNIVERSITY SERVICE AND LEADERSHIP POSITIONS**

- Registered Dietitian – Academy of Nutrition and Dietetics, 2008-present
- Faculty Senate Representative for Nutrition and Food Sciences – 2015-present
- Faculty in the Graduate College at UVM – 2015-present
- Food Systems Faculty at UVM – 2016-present
- Member of the Dining Implementation Team at UVM – 2016-present
- Member of the UVM Dining Advisory Committee – 2016-present
- Member of the CTL faculty cohort for the Scholarship of Teaching and Learning
- Member of NFS Chair Review Committee at UVM - 2015
- UVM Dept. of Exercise and Movement Science faculty search committee – 2015-2016
- UVM Food Systems Major Committee – 2015
- Member of the Master of Science in Dietetics Program Advisory Board at UVM, 2013-2015
- NFS Lecturer Search Committee – Member, 2014-2015
- UVM Center for Teaching and Learning Faculty Planning Task Force Member, 2014-2015
- Graduate student representative to the UVM Board of Trustees Budget, Finance and Investment Committee, 2012-2013
- Graduate student representative to the UVM Presidential Transition Team, 2012-2013
- UVM Graduate Student Senate representative from Animal, Nutrition, and Food Sciences, 2011-2013
- Graduate student representative to the UVM Presidential Search Committee, 2011-2012
- Member Academy of Nutrition and Dietetics, 2008-present
- Member The Obesity Society, 2013-present
- Certified Strength and Conditioning Specialist – National Strength and Conditioning Association 2008-present