OMB No. 0925-0001/0002 (Rev. 08/12 Approved Through 8/31/2015)

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.  
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Julie M. Metos

POSITION TITLE: Assistant Professor of Nutrition

eRA COMMONS USER NAME (credential, e.g., agency login): juliemetos

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)

| INSTITUTION AND LOCATION | DEGREE  (if applicable) | Completion Date  MM/YYYY | FIELD OF STUDY |
| --- | --- | --- | --- |
| University of Utah, Salt Lake City, UT | BS | 06/1985 | Foods and Nutrition |
| University of California, Berkeley, CA | MPH, RD | 06/1989 | Public Health Nutrition |
| University of Utah, Salt Lake City, UT | PhD | 05/2012 | Public Health |

1. **Personal Statement**

**I have a broad background in public health and nutrition, with specific training and expertise in dietary assessment, and chronic disease prevention. I am especially interested in diabetes and obesity prevention in adolescence including programs and policies directed toward schools, families and underserved communities. My research includes changes in health measures associated with nutrition and physical activity, monitoring effectiveness of school district wellness policies in changing behaviors and health outcomes of youth, and implementation of community-based research programs such as the National Diabetes Prevention Program, nutrition and lifestyle change programs to prevent obesity and diabetes in homeless shelters, K-12 schools and in worksites. I’ve developed strong ties with clinical and community providers that make it possible to recruit and track participants for research projects, and have been successful in obtaining funding from foundation grants and gifts. Further, my extensive leadership experience gives me the skills to participate in the administration of the research project including staffing, research protections, budget, timelines and communication among project members.**

1. **Positions and Honors**

**Positions and Employment**

1990-1995 Director of Community Programs, American Heart Association, Salt Lake City, UT

1995-1997 Director of Weight Management Services, St. Mark’s Hospital, Salt Lake City, UT

1997-2005 Director of Clinical Nutrition, Primary Children’s Medical Center, Salt Lake City, UT

2005-2013 Program Director, Coordinated Master’s Program in Nutrition and Dietetics, University of Utah, Salt Lake City, Utah

2012-present Assistant Professor, Division of Nutrition, University of Utah, Salt Lake City, UT  
2013-2016 Interim Chairperson, Division of Nutrition, University of Utah, Salt Lake City, UT  
2016-present Associate Chairperson, Department of Nutrition and Integrative Physiology, University of Utah

**Other Experience and Professional Memberships**

1989-present Member, American Public Health Association

1989-present Member, Academy of Nutrition and Dietetics  
2009 Fellow, University of Minnesota, School of Medicine, Program in Health Disparities Research

2011-present Member, American Society for Nutrition

**Honors**

**2017 Induction- American Academy of Health Science Educators  
2017 Teacher of the Year, Department of Nutrition and Integrative Physiology**

2012 Educator of the Year, Academy of Nutrition and Dietetics, Nutrition Educators Practice Group  
2012 Outstanding Student Abstract, American Public Health Association Conference

2010 Professor of the Year, Division of Nutrition, University of Utah

2009 Award of Merit, Utah Academy of Nutrition and Dietetics

1. Todhunter Fellowship Award for Graduate Education, Academy of Nutrition and Dietetics

2007 Community Service Award of Honor, Health and Physical Education Teachers of Utah, Utah State Office of Education

1. Recognition Award, National Action for Healthy Kids

1998 Outstanding Alumni Award, University of Utah

1993 National American Heart Association Staff Recognition Award

1992 Recognized Young Dietitian of the Year, Academy of Nutrition and Dietetics

1. **Contributions to Science**
2. **My research has focused on child and adolescent obesity prevention strategies in the school environment. Since 2006, several federal policies have been enacted that encourage school personnel to address wellness. I’ve examined how the required nutrition and physical activity policies have been written and implemented. An early publication developed standards for evaluating wellness policies that is used internationally by health researchers. Additional publications have identified barriers to wellness practices, especially in high schools. Others have demonstrated that adolescent obesity prevalence is lower among students who attend schools with strong policies. This body of work has provided evidence to school administrators and policy-makers that school-based obesity prevention is effective and has provided suggestions to overcome barriers to implementation.** I served as the primary investigator or co-investigator in all of these studies.
3. Coffield, J.E., J.M. Metos, R.L. Utz & N.J. Waitzman. (2012). “A Multivariate Analysis of Federally Mandate School Wellness Policies on Adolescent Obesity”. Journal of Adolescent Health, 2011(9) 46-55.
4. Metos, J.M. & M. Murtaugh (2011). “Words or reality: Are school district wellness policies implemented? A systematic review of the literature”. Childhood Obesity, 2011: 7(2) 90-100.  
   .
5. Lanier WA, Wagstaff RS, Friedrichs MD & J.M. Metos (2011)**.** Factors Associated with Teacher Awareness and Implementation of Food and Physical Activity Policies in Utah Elementary Schools. Preventing Chronic Disease, 2012: January 9: E:18.
6. Tsai, L., K.Jordan, M.S. Nanney & J.M. Metos. (2009). “Nutrient Quality of Competitive Foods in Two Utah Middle Schools”. Utah’s Health: An Annual Review*,* 14(1) 56-61.
7. Metos, J. M. & M. Nanney. (2007). “The Strength of School Wellness Policies: One State’s Experience.” Journal of School Health, 77 (9). 367-372.
8. **Clinical and Community Interventions to Prevent Chronic Disease**

**In addition to the publications listed above, I’ve worked with collaborative teams to implement clinical and community- based interventions aimed at early prevention of chronic diseases, specifically obesity, diabetes and cardiovascular disease. This research has established nutrition and physical activity protocols for clinician practices that have been used across the United States and has tested novel approaches to reaching overweight and obese adolescents in under-served communities.**

1. Mihalopoulos Nicole L, Urban B, **Metos JM**, Balch AH, Jordan KJ. Breastfeeding, leptin-to-adiponection ratio and metabolic dysfunction in a cohort of adolescents with obesity. Metabolic Syndrome and Related Disorders. South Med J (2017) May; 110(5):347-352.
2. Chen X, Wei G, Jalili T, **Metos JM**, Giri A, Cho M, Goucher R, Greene T, Beddhu S. The Associations of plant protein intake with all-cause mortality in chronic kidney disease. American Journal of Kidney Disease 2015 (10) 18-23.
3. Young, P.C., S. DeBry, W.D. Jackson, J.Metos, E. Joy, M. Templeman, & C. Norlin. (2010). “Improving the Prevention, Early Recognition and Treatment of Pediatric Obesity by Primary Care Physicians”: Clinical Pediatrics. 49 (10). 964-969
4. Utz, R., D. Cottle, K. Fitschen, J. Metos., J.Reel & N.L. Mihalopolous. (2008). “Eat and Live Well”: Lessons Learned from an After School Weight Management Program. Utah’s Health: An Annual Review, 13 (1). 81-87.
5. Stewart, R.J., E.W. Askew, C.M. McDonald, J.M. Metos & D.W. Jackson. (2002). “Antioxidant status of younger children: response to an antioxidant supplement.” The Journal of the American Dietetic Association, 102 (1). 1218-1220.

**Complete List of Published Work in My Bibliography**

<http://www.ncbi.nlm.nih.gov/sites/myncbi/1JW9h60Ny45Aq/bibliography/47231511/public/?sort=date&direction=ascending>.

**D. Research Support**

**Ongoing Research Support**

Driving Out Diabetes Initiative Metos (PI) 07/01/17- 6/30/21

This is a 3-year project to battle diabetes in Utah and across the intermountain states by implementing education and community outreach, clinical improvements and research investment. My role is to examine effectiveness and sustainability of unique education and outreach programs in secondary schools and homeless shelters aimed at early diabetes prevention in youth, and to serve on the leadership team for the overall initiative.  
Role: PI

**Completed Research Support**  
University of Utah Hospital Foundation & Sorenson Legacy Foundation Metos (PI) 07/01/14-12/20/16  
Diabetes Prevention Program for Faculty and Staff  
The goal of this study is to pilot a nationally recognized Diabetes Prevention Program and measure the health outcomes among a university faculty and staff population.  
Role: PI

Center for Clinical and Translational Research University of Utah Metos (PI) 07/01/14-06/30/15

School Policy, Familial Resources, and Adolescent Food Choice

The goal of this study is to look at family food choices, exploring how high school students make specific food choices within the context of school policy change, parent lifestyle habits, and familial sociodemographic resources.

Role: PI

Sorenson Legacy Foundation Metos (PI) 09/15/14-08/30/5Sugar Babies Diabetes Prevention Program Fall 2014 to Fall 2015  
The goal of this study is to quantify the role of documentary film in providing knowledge about diabetes and improving the ability of middle school students to make lifestyle changes.  
Role: PI

NuSkin Foundation Metos (PI) 09/15/13 -06/30/14   
Wellness Program Development

The goal of this study was to develop a weight management program appropriate for individuals living in Brazil.

Role: PI

University of Utah Seed Grant Clarke (PI) 9/01/09-9/30/11

Yes We Can! Obesity Reduction and Healthy Lifestyles Improvement for Young Adults with Intellectual Disabilities

The goal of this study was to develop and implement a weight management program for young adults with intellectual disabilities and measure health outcomes.

Role: Co-Investigator

Salt Lake City School District Foundation Metos (PI) 9/01/09-6/30/10

Face of Fitness Nutrition Curriculum Development  
This project resulted in a nutrition curriculum that is used in Science, Technology, Engineering and Math (STEM) classes.  
Role: PI

Florsheim Foundation: Initiatives in Child Health Mihalopolous (PI) 09/15/07-09/30/08

Eat & Live Well: A Weight Management Program for Hispanic Adolescents and Families  
This research measured outcomes of a lifestyle change program for adolescents.

Role: Co-Investigator

College of Health Research and Creative Grant Competition Nanney (PI) 01/15/07-06/30/08

Parents’ Knowledge and Attitudes Regarding School District Wellness Policies

This research surveyed parents to assess their opinions of school health.

Role: Co- Investigator

Kellogg’s Foundation

School Nutrition and Physical Activity in a Remote Setting Metos (PI) 08/15/06-08/30/07

This research measured the acceptability of wellness activities in San Juan County, UT.

Role: PI

Action for Healthy Kids Metos (PI) 08/15/05-08/30/06

Pilot Testing Novel School Wellness Activities

This project pilot-tested novel wellness activities in three school districts.

Role: PI