

Colleen Rauchut Tewksbury, PhD, MPH, RD, CSOWM, LDN
Curriculum Vitae

Office Address: 3400 Spruce Street
4 Silverstein
Philadelphia, PA 19104 USA

Education:

2011 B.S. La Salle University (Coordinated Program in Dietetics)
2013 M.P.H. West Chester University of Pennsylvania (Public Health, Nutrition)
2018 Ph.D. Temple University College of Public Health (Public Health, Social and Behavioral Sciences)

Faculty Appointments:

2018-Present Lecturer, La Salle University School of Nursing and Health Sciences
2019-Present Adjunct Associate Professor of Public Health in Surgery, University of Pennsylvania Perelman School of Medicine

Hospital and/or Administrative Appointments:

2008-2011 Diet Clerk, Holy Redeemer Health System
2011-2012 Bariatric Dietitian, Einstein Healthcare Network
2011-2012 Acute Care/Rehab Dietitian, Einstein Healthcare Network
2014-Present Bariatric Program Manager, Clinical Practices of the University of Pennsylvania
2018-Present Senior Research Investigator, Perelman School of Medicine, University of Pennsylvania

Other Appointments:

2012-2014 Research Dietitian, Center for Obesity Research and Education, Temple University
2017-Present Subject Matter Expert, Reviewer, Developer, and Facilitator, Commission on Dietetic Registration Certificate of Training in Obesity Interventions for Adults

Specialty Certification:

2012 Academy of Nutrition and Dietetics Certificate of Training in Adult Weight Management
2019-2024 Commission on Dietetic Registration Board Certified Specialist in Obesity and Weight Management

Licensure:

2011 Commonwealth of Pennsylvania Licensed Dietitian/Nutritionist DN004633 Renewal: 9/30/2022
2011 Commission on Dietetic Registration Registered Dietitian 01032443 Renewal: 2022

Awards, Honors and Membership in Honorary Societies:

2007-2011 Founder's Scholarship, La Salle University
2008 W. W. Smith Trustee Award, La Salle University
2008 General Scholarship, Philadelphia Academy of Nutrition and Dietetics
2009-2010 Brother Patrick Ellis Scholarship, La Salle University
2010 National Society of Collegiate Scholars

2011	Student Activities Award, La Salle University
2011	Magna Cum Laude, La Salle University
2011	G. Jane Hartman Memorial Scholarship, Academy of Nutrition and Dietetics Foundation
2011	General Scholarship, Pennsylvania Academy of Nutrition and Dietetics
2012	Billye June Eichelberger Scholarship, Academy of Nutrition and Dietetics Foundation
2013	Public Health Traineeship Scholarship, Health Resources and Services Administration
2014	Frances E. Fischer Memorial Scholarship, Academy of Nutrition and Dietetics Foundation
2015 and 2016	Patsyjane O'Malley Memorial Scholarship, Academy of Nutrition and Dietetics Foundation
2016	Team of the Year Award, Clinical Practices of the University of Pennsylvania
2018	Digital Innovation Enterprise Award, Philadelphia Allegiance for Capital and Technologies
2019	Excellence Award in Emerging Research Outcomes, Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group
2019	Emerging Dietetic Leader Award, Pennsylvania Academy of Nutrition and Dietetics

Memberships in Professional and Scientific Societies and Other Professional Activities:

National:

2008-Present	Academy of Nutrition and Dietetics (Spokesperson 2020-Present)
2011-Present	Commission on Dietetic Registration, Interdisciplinary Specialist Certification in Obesity and Weight Management Exam (Subject Matter Expert 2016-Present, Specialist Certification Panel Member 2020-Present)
2012-2019	Academy of Nutrition and Dietetics Thirty and Under Interest Group
2012-Present	Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group (Newsletter Article Reviewer 2013-2016)
2012-Present	The Obesity Society (Early Career Representative, Clinical Committee 2015-2017)
2015-Present	American Society for Metabolic and Bariatric Surgery, (Integrated Health Communications Committee 2020-Present)
2016-Present	Academy of Nutrition and Dietetics Research Dietetic Practice Group
2017-Present	Obesity Action Coalition
2019-Present	Academy of Nutrition and Dietetics Nutrition Educators Practice Group

Local:

2008-Present	Pennsylvania Academy of Nutrition and Dietetics (District Email Manager 2011-2016, Philadelphia Chair 2017-2018, President-elect 2019-2020, President 2020-Present)
2008-Present	Pennsylvania Academy of Nutrition and Dietetics Foundation (Secretary 2018-2019)
2010-Present	Philadelphia Academy of Nutrition and Dietetics (Scholarship Chair 2011-2012, Nominating Chair 2014-2016, President-elect 2016-2017, President 2017-2018, Immediate Past President 2018-2019)
2017-Present	La Salle University School of Nursing and Health Sciences Advisory Board (Board Member 2017-Present)

Peer Review:

2021-Present	Associate Editor, Obesity Surgery
2018-Present	Reviewer, British Medical Journal Open
2018	Ad Hoc Reviewer, Journal of the Academy of Nutrition and Dietetics
2019-Present	Reviewer, Surgery for Obesity and Related Disorders
2020-Present	Reviewer, Obesity
2020-Present	Reviewer, Obesity Research & Clinical Practice
2020-Present	Reviewer, Frontiers in Nutrition
2020-Present	Reviewer, BMC Medical Research Methodology

Major Academic and Clinical Teaching Responsibilities:

2011-Present	Clinical Preceptor, Dietetic Interns, La Salle University Coordinated Program in Dietetics, Clinical Practices of the University of Pennsylvania
2012-2013	Clinical Preceptor, Dietetic Interns, University of Delaware, Temple University
2014-Present	"Nutrition Management of the Bariatric Surgery Patient," La Salle University Coordinated Program in Dietetics, March 2014, March 2015, March 2016, March 2017, March 2018, March 2019, February 2020
2014-Present	"Bariatric Surgery," Nutrition Case Studies, University of Pennsylvania School of Nursing, September 2014, September 2015, February 2016, October 2016, November 2017, November 2018
2014-Present	"Bariatric Surgery for Treatment of Severe Obesity," Obesity and Society, University of Pennsylvania School of Nursing, September 2014, September 2015, November 2016, March 2017, November 2017, March 2018, November 2018
2014-Present	"Program overview, quality improvement, and research." Annual Bariatric Education Day, University of Pennsylvania Health System
2015-Present	Clinical Preceptor, Dietetic Interns, Drexel University, Clinical Practices of the University of Pennsylvania
2015-2016	Clinical Preceptor, Nutrition Fellow, Children's Hospital of Philadelphia, Clinical Practices of the University of Pennsylvania
2015-Present	Clinical Preceptor, Dietetic Intern, Sodexo, Clinical Practices of the University of Pennsylvania
2015	"1-2nd Year Medical Student Workshop Series; Weight Sensitivity: Applied Practice" University of Pennsylvania, Perelman School of Medicine
2016-Present	Department of Surgery Harrison Mentoring Program, Mentor
2016	Clinical Preceptor, Dietetic Experience, University of Delaware, Clinical Practices of the University of Pennsylvania
2016-2017	Clinical Preceptor, Dietetic Interns, Medical University of South Carolina, Clinical Practices of the University of Pennsylvania
2016	"Behavior Change in Nutrition Counseling: Applied Practice," University of Pennsylvania Health System
2017	Experiential Engagement Mentor, Doctor of Nursing Practice Program, Wilmington University, Clinical Practices of the University of Pennsylvania
2018-Present	"Obesity," Culinary Medicine Course, University of Pennsylvania, Perelman School of Medicine, September 2018, February 2019, May 2020

2018-Present	Community Nutrition Course, Department of Urban Public Health and Nutrition, La Salle University
2019-Present	Clinical Preceptor, West Chester University of Pennsylvania, Clinical Practices of the University of Pennsylvania
2019-Present	Clinical Preceptor, University of Southern California, Clinical Practices of the University of Pennsylvania
2019-Present	Didactic Program Preceptor, Immaculata University, Clinical Practices of the University of Pennsylvania

Lectures by Invitation (Last 5 years):

Sep, 2016	"RD Breakfast Series: Best Practices in Weight Management" Villanova University Center for Obesity Prevention and Education
Sep, 2018	"Obesity Paradox," Recognizing and Treating Malnutrition in Special Populations Webinar Series, Academy of Nutrition and Dietetics
Nov, 2018	"Pre-Operative Medical Weight Management," Obesity Week American Society for Metabolic and Bariatric Integrated Health Nutrition Course
Nov, 2018	"Stump the Experts," Panelist, Obesity Week, Nashville, TN
Nov, 2018	"National Post-Bariatric Surgery Outcomes in Patients with Kidney Disease," Obesity Week, Nashville, TN
Nov, 2018	"The Relationship between the Frequency and Duration of the Preoperative Assessment Process and Early Postoperative Weight Loss," Obesity Week, Nashville, TN
Apr, 2019	"Adult Obesity Treatment," Lifecycle Nutrition, Temple University College of Public Health
Apr, 2019	"Bariatric Surgery as a Bridge to Kidney Transplantation," TriState Renal Dietitians Association
Sept, 2019	"Improving the Patient Experience: Nutrition Perspective," 16 th Annual Bariatric Summit, Memphis, TN
Sept, 2019	"Eating Disorder or Disordered Eating?" 16 th Annual Bariatric Summit, Memphis, TN
Oct, 2019	"Preoperative Medical Weight Management," Michigan Bariatric Society- State Chapter Annual Meeting
Oct, 2019	"Bariatric Surgery as a Bridge to Kidney Transplantation," Penn Medicine Kidney Transplant Symposium
Nov, 2019	"Patients Bridging to Organ Transplant," Obesity Week, Las Vegas, NV
Nov, 2019	"Communicating Complex Concepts to Patients," Obesity Week, Las Vegas, NV
Jan, 2020	"Preoperative Nutrition Management of Bariatric Surgery Patients," Webinar, Military Families Learning Network
Jan, 2020	"Nutrition Care in Bariatric Surgery," Penn Medicine Nutrition Symposium

Organizing Roles in Scientific Meetings:

Mar, 2017	Moderator. "Building a Virtual Private Practice." Philadelphia Academy of Nutrition and Dietetics
Sep, 2017	Committee Member, Walk from Obesity Philadelphia, PA
Nov, 2018	Co-Director, Integrated Health Nutrition Obesity Week Course Nashville, TN
Jun, 2019	Committee Member, Walk from Obesity Philadelphia, PA

Feb, 2020 Moderator, “Harnessing Social Media and Software Applications to Engage and Maintain Patients Undergoing Bariatric Surgery.” American Society for Metabolic and Bariatric Surgery

Bibliography:

Research Publications, peer reviewed:

1. Lent M R, Vander Veur SS, Mallya G, McCoy TA, Sanders TA, Colby L, Rauchut **Tewksbury C**, Lawman HG, Sandoval B, Sherman S, Wylie-Rosett J, Foster GD: Corner store purchases of adults, adolescents and children: Items, nutritional characteristics and amount spent. Public Health Nutrition 13: 1-7, 2014.
2. Chen EY, Olino TM, Conklin CJ, Mohamed FB, Hoge FB, Foster GD, GN-BO Study Group, Arlt JM, Eneva K, Kidd JR, Kidd KR, Lent MR, Murray S, Newberg A, **Tewksbury C**, Vander Veur SS, Yiu A: Genetic and neural predictors of behavioral weight loss treatment: A preliminary study. Obesity 25(1): 66-75, 2016.
3. Lent MR, Vander Veur SS, Peters JC, Herring SJ, **Tewksbury C**, Wojtanowski AC, Hill JO, Foster GD: Initial weight loss goals: have they changed and do they matter? Obesity Science & Practice 2(2): 154-161, 2016.
4. Neylan CJ, Damrauer SM, Kelz RR, Farrar JT, Dempsey DT, Lee MK, Karakousis CG, **Tewksbury CM**, Pickett-Blakely OE, Williams NN, Dumon KR: The Role of BMI Class in Cholecystectomy Following Acute Cholecystitis: An ACS NSQIP Analysis. Surgery 160(3): 699-707, 2016.
5. Williams AD, So A, Synnestvedt M, **Tewksbury CM**, Kontos D, Hsiehm M-K, et al: Mammographic breast density decreases after bariatric surgery. Breast Cancer Research and Treatment Page: 1-8, 2017.
6. Cohen JB, **Tewksbury CM**, Landa ST, Williams NN and Dumon KR : National Postoperative Bariatric Surgery Outcomes in Patients with Chronic Kidney Disease and End-Stage Kidney Disease. Obesity Surgery 3: 975-982, March 2019.
7. **Tewksbury CM**, Crowley N, Parrott JM, Andromalos L, Isom KA, Smith E, Allison KC: Weight Loss Prior to Bariatric Surgery and 30-Day Mortality, Readmission, Reoperation, or Intervention: An Analysis of 349,016 Bariatric Surgery Cases. Obesity Surgery. Obesity Surgery Page: 1-7, June 2019.
8. Cohen J, Lim MA, **Tewksbury CM**, Landa ST, Trofe-Clark J, Abt PL, Williams NN, Dumon KR, Goral S.: Bariatric Surgery Before and After Kidney Transplantation: Long-Term Weight Loss and Allograft Outcomes. Surgery for Obesity and Related Diseases 2019.
9. Foster MW, Gershuni VM, **Tewksbury CM**, Giri JS, Dumon KR, Rame JE, NN Williams: Laparoscopic Sleeve Gastrectomy Carries a Lower Perioperative Mortality including Sudden Cardiac Death Over Roux-En-Y Gastric Bypass in Patients with a Prior Cardiac History. Obesity Surgery 30(3): 812-818, 2020.
10. Prout Parks E, Finnerty D, Panganiban J, Frasso R, Bishop-Gilyard C, **Tewksbury CM**, Williams NN, Dumon K, Cordero G, Hill DL, Sarwer DB: Perspectives of Adolescents with Severe Obesity on Social Media Support in Preparation for the Weight-Loss Surgery: A Qualitative Study. BMC Pediatrics 20(1): 1-7, 2020.

11. **Tewksbury CM**, Wu J, Allison KC, Gardiner H, Dumon KR, Williams NN, Sarwer DB: Pre-Bariatric Surgery Care and Postoperative Outcomes: Increased Number of Visits Associated with Smaller Weight Losses over First 2 Postoperative Years. Surgery for Obesity and Related Diseases 15(9): 1548-1553, 2019.
12. **Tewksbury CM**, Geng Z, Foster M, Gershuni V, Dumon KR, Rame JE, Groeneveld PW, Williams NN. Validation and Improvement of a Highly Predictive Bariatric Surgery Mortality Risk Calculator to Include Sleeve Gastrectomy Using MBSAQIP 2015-2017 Data. Surgery for Obesity and Related Diseases. 2020

Research Publications, peer-reviewed reviews:

1. **Tewksbury CM**: Preoperative Weight Loss for Bariatric Surgery: Benefits and Risks. Weight Management Matters Page: 2-4, 2015.
2. Neylan CJ, Dempsey DT, **Tewksbury CM**, Williams NN, Dumon KR: Endoscopic treatments of obesity: a comprehensive review. Surgery for Obesity and Related Diseases 16: 51-4, Feb 2016.
3. **Tewksbury CM**, Williams NN, Dumon KR, Sarwer DB: Preoperative Medical Weight Management: a Review and Reconsideration. Obesity Surgery 27(28): 208-214, 2017.
4. Sarwer DB, Allison KC, Spitzer J, Wadden T, Ashare R, **Tewksbury C**, Edwards M, McCuen-Wurst C, LaGrotte C, Williams NN, Wu J: Psychopathology, Disordered Eating, and Impulsivity as Predictors of Outcomes of Bariatric Surgery. Surgery for Obesity and Related Diseases 15(4): 650-655, April 2019.
5. Foster MW, **Tewksbury CM**, Hoeltzel G, Williams NN, Rame JE. At the Heart of Severe Obesity: Chronic Heart Failure and the Role of Bariatric Surgery. Bariatric Times. 2020
6. **Tewksbury CM**: Weight Bias from a Socio-Ecological Perspective. Weight Management Matters, Fall 2020.

Contributions to peer-reviewed research publications, participation cited but not by authorship:

1. Peters, JC, Wyatt, H. R., Foster, GD, Pan Z, Wojtanowski AC, Vander Veur SS, Herring SJ, Brill C, Hill JO.: The effects of water and non-nutritive sweetened beverages on weight loss during a 12-week weight loss treatment program. Obesity 22: 1415-1421, 2014.
2. Peters JC, Beck J, Cardel M, Wyatt HR, Foster GD, Pan Z, Wojtanowski AC, Vander Veur SS, Herring SJ, Brill C, Hill JO. : The effects of water and non-nutritive sweetened beverages on weight loss and weight maintenance: A randomized clinical trial. Obesity 24: 297-304, 2016.

Abstracts (Last 4 years):

1. Neylan C, Dumon K, **Tewksbury CM**, Dempsey D, Williams NN, Pickett-Blakely O: The Prevalence and Severity of Irritable Bowel Syndrome in Bariatric Surgery Candidates. The Obesity Society, Obesity Week, New Orleans, LA November 2016.
2. **Tewksbury C**, Dumon K, Hesson L, Kotwicki M, Pickett-Blakely O, Stavola S, Warner-Grimsley S, Zipay J and Williams N: Use of an electronic patient tracking system in an outpatient bariatric surgery setting and patient wait times. Surgery for Obesity and Related Diseases 12(7): 153-154, 2016.

3. **Tewksbury C**, Williams N, Hesson L, Korus G, Pickett-Blakely O, Raper S, Wernsing D, Zipay J and Dumon K: Multidisciplinary Committee in the Care of High-Risk Bariatric Surgery Candidates Surgery for Obesity and Related Diseases 12(7): 154-155, 2016.
4. Owei L, Landa ST, **Tewksbury C**, Cohen J, Lim M, Dempsey D, Abt P, Williams N, Dumon K: Bariatric Surgery as a Bridge to Transplantation in the End Stage Renal Disease Population with Obesity. Surgery for Obesity and Related Diseases 13(10): 148-149, 2017.
5. Owei L, Landa ST, **Tewksbury C**, Cohen J, Lim M, Dempsey D, Abt P, Williams N, Dumon K: Comparing Postoperative Bariatric Surgery Outcomes in Patients with and without Chronic Kidney Disease. Surgery for Obesity and Related Diseases 13(10): 176-177, 2017.
6. Cohen J, Lim MA, **Tewksbury CM**, Landa ST, Trofe-Clark J, Abt PL, Williams NN, Dumon KR, Goral S: Bariatric Surgery Before and After Kidney Transplantation: Long-Term Weight Loss and Allograft Outcomes. 2018 American Transplant Congress 2018.
7. Malinovitch AE, Williams AD, Hill C, Goldbach M, **Tewksbury CM**, Kontos D, Conant EF, Dumon KR and Tchou JC: Breast Density Changes with Weight Gain/Loss after Bariatric Surgery. Journal of the American College of Surgeons 227(4): e79, 2018.
8. Spitzer JC, Sarwer DB, Allison KC, Ashare RL, Wadden TA, McCuen-Wurst C, LaGrotte C, Perez A, **Tewksbury C**, Williams NN and Edwards M: The relationship between psychopathology, disordered eating, and impulsivity in patients seeking bariatric surgery. Surgery for Obesity and Related Diseases 14(11): s91, 2018.
9. **Tewksbury C**, Cassella L, Hesson L, Dumon KR and Williams NN: Healthcare Technology Use among Bariatric Surgery Patients. Surgery for Obesity and Related Diseases 14(11): 145, 2018.
10. **Tewksbury C**, Cohen J, Landa ST, Pickett-Blakely O, Williams NN and Dumon KR: National Post-Bariatric Surgery Outcomes in Patients with Kidney Disease. Surgery for Obesity and Related Diseases 14(11): s53-s55, 2018.
11. **Tewksbury C**, Mulgrew M, Warner-Grimsley S, Countess J, Dumon KR, Williams NN: Qualitative Assessment of Technology Use and Development of a Smartphone App for Bariatric Surgery Patients. Surgery for Obesity and Related Diseases 14(11): 153, 2018.
12. **Tewksbury C**, Wu J, Allison KC, Gardiner H, Dumon KR, Williams NN, Sarwer DB: The Relationship between the Frequency and Duration of the Preoperative Assessment Process and Early Postoperative Weight Loss. Surgery for Obesity and Related Diseases 14(11): 68, 2018.
13. Hoeltzel GD, Sigmon D, Dumon K, Williams NN, **Tewksbury C**, Pickett-Blakely O. Tu1026– Sociodemographic Factors Associated with Undergoing Bariatric Surgery Among Information Session Attendees. Gastroenterology. 2019 May 1;156(6):S-1482.
14. **Tewksbury C**, de Pina LF, Gershuni V, Pickett-Blakely O, Dumon K, Williams N. A588 Is Bariatric Surgery Becoming Safer? Assessing MBSAQIP Data Over a Three-Year Time Period. Surgery for Obesity and Related Diseases. 2019 Oct 1;15(10):S242.
15. Tajeu GS, Wu J, **Tewksbury C**, Spitzer JC, Gadegbeku CA, Sarwer D, 2020. Abstract P486: Association Of Psychiatric History With Hypertension Among Adults Who Presented For Bariatric Surgery. Circulation, 141(Suppl_1), pp.AP486-AP486.

Editorials, Reviews, Chapters, including participation in committee reports (print or other media):

1. Sarwer DB, **Tewksbury CM**, Polonsky H: Obesity and Body Image Dissatisfaction. Handbook of Obesity Treatment, 2nd Edition. New York: Guilford Press 2018.

2. **Tewksbury, CM:** Bariatric Surgery. Clinical Case Studies for the Nutrition Care Process, 2nd Edition 2020.

Alternative Media (Last 5 Years):

1. **Tewksbury, CM:** National RD Day Facebook Live Chat. Penn Medicine March 11, 2015.
2. **Tewksbury, CM:** What a Registered Dietitian Can Do for You. Metabolic and Bariatric Surgery Blog: Penn Medicine March 2015 Notes: <https://www.pennmedicine.org/updates/blogs/metabolic-and-bariatric-surgery-blog/2015/march/what-a-registered-dietitian-can-do-for-you>.
3. Interviewed: Is weight loss before bariatric surgery worth it? Temple University College of Public Health. January 2017 Notes: <https://cph.temple.edu/news/weight-loss-bariatric-surgery-worth-it>
4. Interviewed by Rush IR: Losing weight after menopause is tough. Here are tips that may help. Philadelphia Inquirer May 19, 2017.
5. Interviewed by Geggel L: Why Does Hunger Vanish When You Ignore It Long Enough? Live Science July 22, 2017 Notes: <https://www.livescience.com/59897-why-hunger-subsidizes-when-ignored.html>.
6. Interviewed: Member Spotlight: Colleen Tewksbury. Pennsylvania Academy of Nutrition and Dietetics Newsletter October 2017 Notes: <https://eatrightpa.org/member-spotlight-colleen-tewksbury/>
7. Interviewed: Penn Medicine Launches First App for Bariatric Surgery Patients Using Apple CareKit. Scientific Computing December 2017 Notes: <https://www.scientificcomputing.com/news/2017/12/penn-medicine-launches-first-app-bariatric-surgery-patients-using-apple-carekit>
8. Interviewed by Haskins O: Penn Medicine launches bariatric surgery Penn Life Gained App. Bariatric News December 5, 2017 Notes: <http://www.bariatricnews.net/?q=news/112921/penn-medicine-launches-bariatric-surgery-penn-life-gained-app>
9. Interviewed by Johns M: Penn Medicine app designed to help patients manage bariatric surgery requirements. Patient Daily December 2017 Notes: <https://patientdaily.com/stories/511285249-penn-medicine-app-designed-to-help-patients-manage-bariatric-surgery-requirements>
10. Interviewed by Pejic N: Penn Medicine launches CareKit-based app for bariatric surgery patients. mHealth Spot December 2017 Notes: <http://mhealthspot.com/2017/12/penn-medicine-launches-carekitbased-app-bariatric-surgery-patients/>
11. Interviewed: On National Hotdog Day, Penn dietitian offers alternatives for summer classic. Philly VOICE July 18, 2018 Notes: <https://www.phillyvoice.com/national-hot-dog-day-penn-dietitian-alternatives-summer-classic/>
12. Interviewed: Health Impact of highly processed summertime staples. News Medical July 19, 2018 Notes: <https://www.news-medical.net/news/20180719/Health-impact-of-highly-processed-summertime-staples.aspx>
13. Interviewed: PACT Digital Innovation Award Promotion Video. PACT 2018 Notes: <https://youtu.be/ydPRmpZh4Do>

14. Interviewed: Does the Keto Diet Work? NBC10 News Philadelphia February 26, 2019 Notes: https://www.nbcphiladelphia.com/news/health/Does-the-Keto-Diet-Work__Philadelphia-506418612.html
15. Interviewed by Miller K: Is Coffee Dehydrating? SELF Magazine March 6, 2019 Notes: <https://www.self.com/story/is-coffee-dehydrating>.
16. Interviewed by Todd C: Here's What Carbs Actually Do in Your Body. SELF Magazine March 23, 2019 Notes: <https://www.self.com/story/this-is-what-eating-carbs-actually-does-to-your-body>.
17. Interviewed by Todd C: Here's What Actually Happens in Your Body When You Eat Protein. Yahoo Lifestyle, SELF Magazine June 20, 2019 Notes: <https://www.yahoo.com/lifestyle/heres-actually-happens-body-eat-202455127.html>.
18. Interviewed by Todd C: Here's What Actually Happens in Your Body when You Eat Fat. SELF Magazine June 4, 2019 Notes: <https://www.self.com/story/what-fat-does-in-your-body>.
19. Interviewed: Weight loss before bariatric surgery may increase infection risk. Endocrine Today July 1, 2019.
20. Interviewed by Schaefer MA: Weight loss prior to bariatric surgery carries risks. The Philadelphia Inquirer July 4, 2019.
21. Interviewed by Todd C: Why is Added Fiber in Literally Everything? SELF Magazine July 12, 2019 Notes: <https://www.self.com/story/added-fiber>
22. Interviewed by Todd C: I'm Just Gonna Say it: Veggie Chips Are No More of Less Healthy Than Regular Chips SELF Magazine September 12, 2019 Notes: <https://www.self.com/story/potato-chips-vs-veggie-chips>
23. Interviewed by Todd C: Why Some Bars Make you Crampy, Farty, and Bloating SELF Magazine September 24, 2019 Notes: <https://www.self.com/story/protein-fiber-bars-gas-bloating-cramps>
24. Interviewed by Holohan M: Is it really easier for men to lose weight? Experts explain. Today Show November 8, 2019 Notes: <https://www.today.com/health/it-easier-men-lose-weight-experts-weigh-t164831>
25. Interviewed by McCoy J: So You Pooped Your Pants on a Run. Here's How to Make Sure It (Probably) Doesn't Happen Again. SELF Magazine. December 12, 2019 Notes: <https://www.self.com/story/runners-diarrhea?verso=true>
26. Interviewed by Godman H: Why Am I Gaining Weight on a Plant-Based Diet? US News & World Report. December 13, 2019 Notes: <https://health.usnews.com/wellness/food/articles/why-am-i-gaining-weight-on-a-plant-based-diet>
27. Interviewed by Todd C: Allulose is a New Kind of Sugar That Doesn't Count as Sugar. SELF Magazine January 24, 2020 <https://www.self.com/story/what-is-allulose>
28. **Tewksbury C, Williams NN:** As America's obesity rate climbs, 4 steps you can take to help yourself and others. Philadelphia Inquirer. March 12, 2020 <https://www.inquirer.com/health/expert-opinions/obesity-increase-americans-steps-to-help-yourself-20200312.html>