

MICAELA C. KARLSEN, MSPH

Title & Affiliation Doctoral Candidate, Nutritional Epidemiology Program, Tufts Friedman School of Nutrition Science and Policy at Tufts University; Boston, MA

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EDUCATION

(Current) Doctoral Candidate in Nutritional Epidemiology, expected graduation 2018
Tufts Friedman School of Nutrition Science and Policy; Boston, MA

Master of Science in Human Nutrition and Public Health, 2012
Johns Hopkins Bloomberg School of Public Health; Baltimore, MD

Bachelor of Arts in Psychology, 2002
Cornell University; Ithaca, NY

RESEARCH INTERESTS

Overall dietary patterns, including plant-based diets, and dietary associations with chronic disease

Adherence, dietary maintenance, and environmental and social cues affecting dietary choices

Financial benefits of healthy diet and lifestyle

RESEARCH AND LEADERSHIP EXPERIENCE

Co-Investigator, 2013—present

- Development of population-based study on popular dietary patterns, Adhering to Dietary Approaches for Personal Taste (ADAPT) Study (<http://hnrca.tufts.edu/adapt/>)
Nutritional Epidemiology, Jean Mayer USDA HNRCA at Tufts University; Boston, MA

- Research question development, survey and platform development for web-based surveys, recruitment through social media of ~10,000 participants for feasibility survey to seed main study, data analysis and write-up

Director of Lifestyle Medicine Economic Research Consortium, Oct 2017—present

- Strategic vision and planning to execute the mission of the organization, which is to identify research gaps in the area of the economic benefits of lifestyle medicine to individuals, self-insured employers, and government
- Development of funding and revenue streams to provide ongoing support
- Strategic planning for public presence (website), partnerships, and collaborations to promote new research

Co-Investigator, 2015—2017

- Research assistant for systematic review series on protein intake, bone health, and the possible interactions with calcium and vitamin D intake as well as stratified by plant and animal protein intake
- Study screening, study extraction, results synthesis, risk of bias assessment, table creation, and write-up

Co-Investigator, 2012

- Research development and data collection for a prospective analysis on the efficacy of residential, medically-supervised water-only fasting and a very-low fat, very-low salt diet on hypertension
- Developed discrete dietary assessment tool for study population
- Utilized methods of nutritional epidemiology to assess dietary behavior

Executive Director of the T. Colin Campbell Foundation for Nutrition Studies, 2011-2013

- Establish and supervise, with staff and Board, strategic Foundation objectives, including educational, financial, and logistic for future growth of organization
- Increased revenue from ~\$330,000 annually to ~\$1,000,000 annually through increased course enrollments in online course series, offered in partnership with eCornell Inc.
- Supervise staff and hiring, including course instructors for online course series
- Supervise creation of new educational products to fulfill Foundation mission
- Communicate with donors and partners about potential and current collaborations, represent Foundation publicly

Data Collector, 2010-2011

- Scheduled and conducted quantitative interviews using a Food Frequency Questionnaire with low-income African-Americans in Baltimore City to determine food preferences, self-efficacy, and purchasing habits
- Data analysis of association with purchasing

TEACHING EXPERIENCE

Adjunct Faculty, University of New England

Course developer and instructor for the Masters in Global Public Health (course developed: *Intermediate Epidemiology*) and Masters in Applied Nutrition Programs (course developed: *Health Promotion and Disease Prevention*). 2016 – present.

Epidemiology & Biostatistics Instructor

Introduction to epidemiology and biostatistics for first-year medical students. *Fall, 2015*
Tufts University Medical School; Boston, MA

Regression Methods in Biostatistics, Teaching Assistant

Regression methods in biostatistics for nutrition and public health students. *2015 - present*
Tufts Friedman School of Nutrition Science and Policy; Boston, MA

Plant-Based Nutrition Curriculum Development and Teaching for Adult Education

Certificate Program in Plant-Based Nutrition from eCornell Inc. *2010-2013*
T. Colin Campbell Foundation & eCornell Inc (part of Cornell University); Ithaca, NY

SCIENTIFIC ADVISING AND SERVICE BOARD MEMBERSHIPS

American College of Lifestyle Medicine, Lifestyle Medicine Expert Panel Member, *2017*

International Plant-Based Nutrition Healthcare Conference, Scientific Advisory Board Member, *2014 – present*

Plant-Based Prevention of Disease Conference, Member of Board of Directors, *2014 – present*

Light on the Hill Retreat Center, Member of Board of Directors, *2012 – present*

INVITED PEER REVIEWER

Nutrition & Metabolism

The Journal of Nutrition, Health and Aging

MEMBERSHIPS

American Society for Nutrition, *2015 – present*

The Obesity Society, *2017*

American College of Lifestyle Medicine, *2017*

AWARDS AND HONORS

Tufts Provost Fellowship scholarship for Ph.D. degree, *2013-2015*

PUBLICATIONS

Books

- *A Plant-Based Life* by **Micaela Karlsen**. AMACOM, New York, NY. 2016.
- *Forks Over Knives: The Plant-Based Way to Health* edited by Gene Stone, contributions by **Micaela (Cook) Karlsen**. The Experiment, New York, NY. 2011.

Scientific Manuscripts Published or in Press

- **Karlsen, MC**, and Pollard, KJ. Strategies for practitioners to support patients in plant-based eating. *J Geriatr Cardiol.* 2017
- Conrad Z, **Karlsen M**, Chui K, Jahns L. Diet quality on meatless days: National Health and Nutrition Examination Survey (NHANES), 2007-2012. *Public Health Nutr.* 2017:1-10.
- Shams-White MM, Chung M, Du M, Fu Z, Insogna KL, **Karlsen MC** LeBoff MS, Shapses SA, Sackey J, Wallace TC, Weaver CM. Dietary protein and bone health: a systematic review and meta-analysis from the National Osteoporosis Foundation. *Am J Clin Nutr.* 2017.
- **Karlsen MC**, Ellmore GS, McKeown NM. Seeds – Health benefits, barriers to incorporation, and strategies for practitioners in supporting consumption among consumers. *Nutrition Today.* 51(1):50-59. December 2015.
- Ma J, **Karlsen MC**, Chung M, Jacques PF, Saltzman E, McKeown NM. Is excess added sugar intake linked to ectopic fat? – A systematic review of randomized controlled trials. *Nutrition Reviews* 74(1). October 2015.
- Shin A, Surkan PJ, Coutinho AJ, Suratkar SR, Campbell RK, Rowan M, Sharma S, Dennisuk LA, **Karlsen M**, Gass A, Gittelsohn J. Impact of Baltimore healthy eating zones: an environmental intervention to improve diet among African American youth. *Health Educ Behav.* 2015 Apr;42(1 Suppl):97S-105S.

Scientific Manuscripts Submitted or In Progress

- **Micaela C. Karlsen**, Alice H. Lichtenstein, Christina D. Economos, Sara C. Folta, Gail Rogers, Paul F. Jacques, Kara A. Livingston, Katherine M. Rancaño, Nicola M. McKeown. Web-Based Recruitment and Survey Methodology to Capture Followers of Popular Diets: The Adhering to Dietary Approaches for Personal Taste (ADAPT) Feasibility Survey. Submitted to *Current Developments in Nutrition*, Dec, 2017.
- Shams-White M, Fu Z, **Karlsen M**, Sackey J, Shi J, Insogna K, LeBoff M, Shapses S, Weaver C, Wallace T, Chung M. Animal versus plant protein intake and bone health- a systematic review and meta-analysis of randomized controlled trials. Submitted to *PLoS*. Jan, 2018

Abstracts

- Marissa Shams-White, Zhuxuan Fu, **Micaela Karlsen**, Joachim Sackey, Jian Shi, Karl Insogna, Meryl LeBoff, Sue Shapses, Connie Weaver, Taylor Wallace, and Mei Chung. Protein Intake and Bone Mineral Density: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Presented at: American Society for Bone and Mineral Research. 2017 Sept 8-11; Denver, CO.
- **Karlsen MC**, Lichtenstein AH, Economos CD, Folta SC, Rogers G, Jacques PF, Livingston KA, McKeown NM. Comparison of Self-Reported Weight Status Among Followers of Popular Diets: Data from the ADAPT (Adhering to Dietary Approaches for Personal Taste) Feasibility Survey. Presented at: Experimental Biology. 2017 Apr 22-26; Chicago, IL.
- **Karlsen MC**, Lichtenstein AH, Economos CD, Folta SC, Rogers G, Jacques PF, Livingston KA, Rancaño KM, McKeown NM. Web-Based Recruitment and Survey Methodology to Capture Followers of Popular Diets: The Adhering to Dietary Approaches for Personal Taste (ADAPT) Feasibility Survey. Presented at: Experimental Biology. 2017 Apr 22-26; Chicago, IL.
- Shams-White M, Fu Z, **Karlsen M**, Sackey J, Shi J, Insogna K, LeBoff M, Shapses S, Weaver C, Wallace T, Chung M. Animal versus plant protein intake and bone health- a systematic review and meta-analysis of randomized controlled trials. *FASEB J.* 2017 Apr; 23, 139.3.
- Shams-White M, Sackey J, Fu Z, **Karlsen M**, Du M, Insogna K, LeBoff M, Shapses S, Wallace T, Weaver C and Chung M. Protein Intake and Bone Mineral Density- a Systematic Review and Meta-Analysis of Randomized Controlled Trials. Poster session presented at: Experimental Biology; April, 2016; San Diego, CA.
- **Karlsen MC**, Troy LM, Roger G, Dwyer JT, McKeown N, Jacques PF. Protein sources, nutrient adequacy and diet quality. Poster session presented at: Experimental Biology; March 2015, Boston, MA.
- **Micaela Cook**, Megan Rowan, Anastasia Coutinho, Julie Lwin, Ahyoung Shin, Karina Christiansen, Paula Martins, Joel Gittelsohn (2011) Impact of food environment intervention on household food supply. The

FASEB Journal, v.24: 973.10.