

# Karen Elizabeth Schetzina, MD, MPH, CLC, FAAP

Department of Pediatrics  
East Tennessee State University  
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## Education

Certified Lactation Counselor Healthy Children's Center for Breastfeeding Johnson City, Tennessee	2011
MPH, Epidemiology, University of North Carolina Chapel Hill, North Carolina	2001
Pediatrics Residency, Stanford University Medical Center Palo Alto, California	1998-2001
MPH Coursework, Epidemiology, University of North Carolina Chapel Hill, North Carolina	1997-1998
MD, University of North Carolina Chapel Hill, North Carolina	1993-1997
BA, Chemistry (with Honors and Distinction) University of North Carolina Chapel Hill, North Carolina	1989-1993

## Appointments

Tenured Associate Professor Department of Pediatrics James H. Quillen College of Medicine East Tennessee State University Johnson City, Tennessee	2009-Present
Adjunct Professor Department of Epidemiology and Biostatistics College of Public Health East Tennessee State University Johnson City, Tennessee	2008-Present
Director	2008-Present

Schetzina, Karen E.

Division of Community Pediatrics Research  
Department of Pediatrics  
James H. Quillen College of Medicine  
East Tennessee State University  
Johnson City, Tennessee

Assistant Professor 2003-2009  
Department of Pediatrics  
James H. Quillen College of Medicine  
East Tennessee State University  
Johnson City, Tennessee

Clinical Instructor 2001-2003  
Division of General Pediatrics  
Stanford University School of Medicine  
Stanford, California

Research Coordinator 2001-2003  
Center of Excellence and Health Careers Opportunities Program  
Stanford University School of Medicine  
Stanford, California

## **Other Positions and Employment**

Hospitalist/Moonlighter (Staff Physician) 2002-2003  
Division of Neonatology  
Stanford University School of Medicine  
Palo Alto, California

Pediatrician/Moonlighter 2001-2003  
Community After-Hours Clinic  
Lucile Salter Packard Children's Hospital at Stanford  
Palo Alto, California

Staff Physician/Moonlighter 2001-2003  
Divisions of General Pediatrics and Neonatology  
Santa Clara Valley Medical Center  
Santa Clara, California

Critical Care Transport Physician/Moonlighter 2000-2001  
Lucile Salter Packard Children's Hospital at Stanford  
Palo Alto, California

Graduate Research Assistantship 1997-1998  
Cecil G. Sheps Center for Health Services Research  
University of North Carolina  
Chapel Hill, North Carolina

## Certification and Licensure

Medical License, State of Tennessee Division of Health  
Related Boards 2003-Present

Diplomate, American Board of Pediatrics 2001-Present

## Professional Memberships and Activities

National Institutes of Health  
Psychosocial Risk and Disease Prevention (PRDP)  
Study Section, Ad-Hoc Reviewer September 2011

National Association of Children's Hospitals and Related  
Institutions (NACHRI) Focus on a Fitter Future II, Niswonger  
Physician Leader 2010-Present

American Academy of Pediatrics  
TN Chapter PROS Coordinator (Pediatric Research in  
Office Settings) 2010-Present  
AAP Section on Hospital Medicine 2010-Present  
AAP Section on Breastfeeding (SOBr) 2010-Present  
AAP Council on Community Pediatrics (COCP) 2008-Present  
Pediatric Hospital Medicine List serve 2005-Present  
AAP Fellow 2004-Present  
Tennessee Chapter member 2004-Present  
Healthy Lifestyle Committee, Tennessee Chapter  
Candidate Fellow 2004 –2006  
Resident Member 2001-2004  
1998-2001

Contemporary Clinical Trials Reviewer 2011-present

Pediatric Obesity Journal Reviewer 2011-present

Tennessee Initiative for Perinatal Quality Control (TIPQC)  
Breastfeeding Promotion Project Co-Leader 2009-Present

Tennessee Public Health Association 2008-2009

Journal of Pediatrics Reviewer 2008-

Southern Medical Journal Reviewer 2007-

American Medical Association-Centers for Disease Control-  
Health Resources Service Agency Pediatric Obesity  
Treatment Writing Group 2005-2007  
One of five clinician-researchers from across the country

Schetzina, Karen E.

appointed to serve on this writing group to write  
recommendations for the treatment of childhood obesity.

Ambulatory Pediatric Association	2005-2007
Community Campus Partnerships for Health	1997-2003

## Honors and Awards

Second Place Poster, Rural Health Association (RHAT) Annual Meeting	2010
Faculty Sponsor of First Place Poster Medical/Graduate Student Poster Presentation (Blair Abelson) ETSU Appalachian Student Research Forum	2010
Dean's Distinguished Community Research and Service Award James H. Quillen College of Medicine East Tennessee State University	2009
ETSU Funded Researcher – Awarded 2.5 years of funded research salary support (50% FTE for 6 months, then 35% for 2 years). HRSA funding through the ETSU Department of Family Medicine Office for Primary Care Research	2006-2008
Tennessee Academy of Family Physicians Student/Resident Research Paper Competition Winner (mentored statewide winner, Nora Azzazy)	2005
Second Place, Scientific Poster Competition, ETSU 9 <sup>th</sup> Annual Women's Health Conference	2005
ETSU Caduceus Club Teaching Award Nominee	2004, 2005
Tennessee Academy of Family Physicians Student/Resident Research Paper Competition Winner (mentored statewide winner, Ashley Blevins)	2004
Resident Merit Citation Santa Clara Valley Medical Center, San Jose, California	2000
Janet M. Glasgow Memorial Achievement Citation American Medical Women's Association University of North Carolina, Chapel Hill, North Carolina	1997
Albert Schweitzer Fellowship Award University of North Carolina, Chapel Hill, NC	1995

## Committee Assignments and Administrative Services

### East Tennessee State University

Health Sciences Interdisciplinary Education Committee	2011-
Interdisciplinary Education Retreat	2011
COM Research Advisory Committee	2010-present
Pediatric Grand Rounds, Co-Director	2010-present
COM Promotion and Tenure Committee	2009-2010
COM Project Education Faculty Discussant	2009
COM Community Health Education Taskforce	2009
COM Strategic Planning Focus Groups Participant	2009
Community Conference on Breastfeeding Committee, Chair	2009-present
Department of Internal Medicine Chairman Search Committee	2007-2008
Pediatric Residency Program Committee	2006-Present
Primary Care Pediatrician Search Committee, Chair	2006-2007
Women's Health Conference Planning Committee	2004-Present
Women's Health Conference Poster Session Chair	2004-Present
Research Committee, Department of Pediatrics	2004-Present
Grand Rounds Committee, Department of Pediatrics	2004-Present
Institutional Review Board, Faculty Representative	2004-2006
Learning Resources Advisory Committee	2003-2006

### Mountain States Health Alliance

Pediatric Accountable Care Model for Pediatric Asthma Physician Champion	2011-
Niswonger Focus on a Fitter Future II (Child Obesity) Physician Team Leader	2010-Present
Children's Asthma Care PI Team	2010-Present
Pediatric Communication Task Force	2010-Present
Breastfeeding Sub-Committee Chair, Washington County Department of Pediatrics	2010-Present
Pediatric Order Set Building Retreat	2009
Project Safety First Retreat	2004

### Stanford University School of Medicine

Stanford Center of Excellence Grantwriting Workshop for Hispanic Health Services Researchers Coordinator	2002-2004
Introduction to Using CMS [Centers for Medicare and Medicaid Services] Data for Health Services Research Conference Coordinator	2003
Admissions Panel	2001-2003

### University of North Carolina, Chapel Hill, NC

John B. Graham Student Research Society	1995-1997
Whitehead Medical Society, Secretary	1994-1995
UNC medical student governing body, Chapel Hill, NC	

## Educational Activities

<b>Clinical Teaching</b>	General Pediatrics for medical students, residents, and pharmacy students at East Tennessee State University on the Pediatric Inpatient Rotation and in the newborn nursery and, occasionally, general outpatient clinic	2003-Present
	General Pediatrics for residents in continuity clinic	2003-2006
	General Pediatrics for residents in continuity clinic at Stanford University	2002-2003
	General Pediatrics for medical students and residents at Stanford University in the neonatal intensive care unit and outpatient clinic	2001-2003
<b>Lectures</b>	<i>Child Overweight and Obesity</i> Bimonthly Medical Student Lectures	2011-present
	<i>Breastfeeding</i> Bimonthly Medical Student Lectures	2011-present
	<i>Using Data to Drive Quality Improvement in Breastfeeding</i> ETSU Pediatrics Breastfeeding Lecture	2011
	<i>Basic Breastfeeding Assessment</i> ETSU Pediatrics Breastfeeding Lecture	2011
	<i>Management of Common Breastfeeding Situations</i> ETSU Pediatrics Breastfeeding Lecture	2011
	<i>Scholarly Activities Show and Tell</i> ETSU Pediatrics Faculty Development Club	2011
	<i>Sponsored Projects (Grants!) and Protection of Human Subjects</i> ETSU Pediatrics Faculty Development Club	2011

<i>Breastfeeding Residency Curriculum Pre-Test</i> ETSU Pediatrics Lactation Lecture	2010
<i>Assessment of Child Obesity in Primary Care</i> ETSU Pediatric Potpourri Lecture Series	2009
<i>Breastfeeding Promotion</i> ETSU Pediatric Potpourri Lecture Series	2008
<i>Introduction to Evidence Based Medicine</i> ETSU Pediatrics Monthly Resident Journal Club	2006-Present
<i>Becoming a Culturally Competent Physician</i> Annual ETSU QCOM Third Year Medical Student Orientation	2007-2008, 2010
<i>Diversity in Clinical Practice</i> Annual ETSU QCOM Keystone Transition to Residency Series	2005-Present
<i>Characteristics of an Effective Clinical Teacher</i> ETSU QCOM PGY1 Resident Orientation	2005
Hypnosis Reduces Distress and Duration of an Invasive Medical Procedure for Children, Discussant ETSU Pediatrics Faculty Journal Club	2005
<i>Pediatric Emergencies</i> Bimonthly Medical Student Lectures ETSU Pediatric Rotation	2004-2011
<i>Community Pediatrics</i> Bimonthly Medical Student Lectures ETSU Pediatric Rotation	2004-2007
Using Live, Attenuated Influenza Vaccine for Prevention and Control of Influenza, Discussant ETSU Pediatrics Faculty Journal Club	2003

	<p><i>What Health Disparities Can Teach Us about Health</i> ETSU Pediatrics Noon Lecture</p>	2003
	<p>Critical Reading and Research Methods Six-Week Lecture Series Health Careers Opportunities Program Stanford University School of Medicine</p>	2001-2003
	<p>Online Resources for Medical Researchers Early Matriculation Program Lecture Series Stanford University School of Medicine</p>	2002-2003
	<p>Study Design Early Matriculation Program Research Lecture Series Stanford University School of Medicine</p>	2002-2003
	<p>Health Disparities Early Matriculation Program Research Lecture Series Stanford University School of Medicine</p>	2002-2003
	<p>New Therapy for Atopic Dermatitis Pediatric Journal Club Stanford University School of Medicine</p>	2001
	<p>Wish You Could Catch Up on Your Zzzzzs Pediatric Journal Club Stanford University School of Medicine</p>	2000
	<p>Firearms in the Home and Injury Pediatric Journal Club Stanford University School of Medicine</p>	1999
<b>Advising/ Mentoring</b>	<p>Department of Communication Field Experience Intern Supervisor Brianna Hill, Lauran Duvall, Leslie Griffith</p>	2011-
	<p>ETSU Thesis Committee Jessica Smith ETSU Department of Psychology</p>	2010-
	<p>Epidemiology Internship/Field Placement Faculty Co- Advisor Nicole Holt ETSU School of Public Health</p>	2009
	<p>Epidemiology Internship/Field Placement Faculty Co- Advisor Jennifer Crum ETSU School of Public Health</p>	2009

	Thesis Committee Member Mary L. Carroll ETSU Department of Family and Consumer Science	2009-2010
	EdD Dissertation Committee Steven Ellis, ETSU College of Pharmacy	2009-Present
	ETSU Pediatrics Residency Program Intern Advisor	2009-Present
	Research mentor for ETSU undergraduates, medical students, graduate students, and pediatric residents	2003-Present
	Academic advisor for ETSU QCOM medical students with interests in pediatrics	2003-Present
	Thesis committee member Amit Bodhani ETSU College of Public Health	2005-2006
<b>CME /CE /Presentations (Please see others listed under Research Presentations below)</b>	Parent-Mediated Approach to Child Obesity Treatment in Primary Care: Findings from the ETSU PLAN Study Pediatric Psychiatric Collaborative	May 24, 2011
	Parent-Mediated Approach to Child Obesity Treatment in Primary Care: Findings from the ETSU PLAN Study ETSU Pediatric Grand Rounds	April 27, 2011
	Update on Child Overweight and Obesity Treatment: Findings from the ETSU PLAN Study (Parent-Led Activity and Nutrition) ETSU Primary Care Conference for PAs and NPs Johnson City, TN (Invited Speaker)	March 31, 2011
	TN Breastfeeding Promotion Project: Prenatal TIPQC Annual Meeting Franklin, TN	March 4, 2011
	Milk Matters: Breastfeeding-Friendly Childcare. Appalachian Association for the Education of Young Children Annual Meeting (AAEYC), Northeast State, Blountville, TN, (Invited Keynote Speaker)	March 6, 2010

Social and Historical Perspectives on Infant Feeding. Appalachian Association for the Education of Young Children Annual Meeting (AAEYC), Northeast State, Blountville, TN, March 6, 2010 (Invited Keynote Speaker)	March 6, 2010
OB Breastfeeding Promotion TIPQC Annual Meeting Nashville, TN	March 3, 2010
It's Never Too Premature to Talk about Breastfeeding Late Preterm Birth Summit/Regional Perinatal Conference Johnson City Medical Center, Johnson City, TN	2009
Breastfeeding Promotion ETSU Southwest Virginia Pediatric Conference	2009
Hot Topics in Pediatric Hospital Medicine ETSU Pediatric Grand Rounds	2009
ETSU Summer Institute in Pediatric Behavioral Health course (Director: William T. Dalton, PhD) Consultant for new course development	Summer 2009 (planned)
Mountain States Health Alliance Women and Children's Speakers Bureau CME Activity Director	2008
Breastfeeding Promotion as a Bridge between Obstetric and Pediatric Medical Homes: The Role of Pediatricians in Breastfeeding Promotion ETSU Pediatric Grand Rounds	2008
Child Obesity Treatment in Primary Care ETSU Southwest Virginia Pediatric Conference	2007
Winning with Wellness: Reducing Obesity Risk for Appalachian Youth ETSU Pediatric Grand Rounds	2007

	Overview of Child Obesity and Respiratory Illness MSHA Regional Children’s Health Summit	2007
	Brief Motivational Interviewing ETSU Pediatric Grand Rounds	2006
	Clinical and Community-Based Approaches to Child Obesity 9 <sup>th</sup> Annual Primary Care Conference for Nurse Practitioners and Physician Assistants	2006
	Breastfeeding Promotion ETSU Pediatric Grand Rounds	2005
	Prevention and Management of Childhood Obesity TAHPERD Annual Regional PANTSS Conference	2006
	Childhood Obesity: a Female Focus ETSU 9 <sup>th</sup> Annual Women’s Health Conference	2005
	Environmental Influences on the Development of Obesity, Regional Partners in Action Forum: Health, Wealth, Landscape, and Culture, Kingsport, TN, October 1, 2004, <i>invited talk</i> .	2004
	Prevention and Management of Childhood Obesity Bristol Medical Center Pediatric Grand Rounds	2004
	Prevention and Management of Childhood Obesity Southwest Virginia Pediatrics Conference	2004
	Prevention and Management of Childhood Obesity Holsten Valley Medical Center Pediatric Grand Rounds	2004
	Early Life Origins of Childhood Obesity ETSU Pediatric Grand Rounds	2004
<b>Course/Curriculum</b>	Faculty Development Club, ETSU Department of Pediatrics, Curriculum Co-Developer	2010-Present

<b>Development</b>	Monthly Interdisciplinary Breastfeeding Lecture (applying for CME certification as Activity Director) based on the AAP Breastfeeding Residency Curriculum	2010-Present
	ETSU Pediatric Grand Rounds Activity Co-Director	2010-Present
	Section on Breastfeeding – new section Rural Community Projects (IDMD-2950-1)	2009-Present
	Section on Breastfeeding - new section Rural Health Research Practice (IDMD-1940-1)	2009-Present
	ETSU Pediatrics Evidence Based Rounds for the Inpatient Rotation Curriculum Developer	2007-Present
	ETSU Pediatrics Evidence Based Journal Club Curriculum Developer / Advisor	2006-Present
	East Tennessee State University Pediatric Internet Curriculum (EPIC) Curriculum Co-Developer	2005-Present
	ETSU Pediatric Resident Learning Module/Portfolio for the Newborn Nursery Curriculum Co-Developer	2005-2007
	ETSU Pediatric Resident Pre- and Post- Rotation Test Program Co-Developer as part of Education Taskforce	2005-2006
	Critical Reading and Research Course Developer/Instructor Health Careers Opportunities Program Stanford University School of Medicine	2001-2003
	Early Matriculation Program Research Lecture Series Course Developer/Instructor Stanford University School of Medicine	2002-2003
<b>Educational Committees</b>	ETSU Division of Health Sciences Interprofessional Education Retreat	2011
	ETSU COM Community Health Education Taskforce Development of Sevierville Rotation	2009
	ETSU Pediatric Residency Committee	2006-Present

	ETSU Pediatric Grand Rounds Committee Co-Chair/Co-Activity Director since 2010	2003-Present
	ETSU Learning Resources Advisory Committee	2003-2006

\*Advisees/Mentees include: Quetzal Lopez, Yolanda Agredano, Kari Hancock, Ashley Blevins, Nora Azzazy, Lisa Piercey, Jessica Tuberty, Katie VonWerssowetz, Amit Bodhani, Ranjit Philip, Lauren LaBounty, Brittany Terry, Nicole Holt, Jennifer Crum, Mary Carroll, Jessica Smith, Brian Goff Smith, Katie Barger, Jennifer Rose

## Advocacy and Service Activities

Breastfeeding Advocacy Benefits Everyone (BABE) Breastfeeding Coalition of Northeast Tennessee 2005-present  
Co-founder and president of this grass-roots coalition to promote breastfeeding in the region.

Community Events:

ARC Kid Power Event May 2011

*Winning with Wellness* Coalition 2004-2009  
Founding member and meeting facilitator of this multidisciplinary coalition of health care providers, educators, business people, and community members that builds partnerships to support healthy school curricula, policies, and environments in the region

TV and Print Media Interviews on Child and Adolescent Health 2003-Present  
With local news programs, local newspapers and magazines, and national publications

Medical Watch Physician, CBS-affiliate station 2003 –2006  
Johnson City, TN  
I was a regular guest on this evening news segment and helped develop health education materials for the station's newsletter

Insight Out 1996 – 1997  
Founding Co-Editor  
A UNC Medical School journal dedicated to exploring health and social issues in the context of community service experiences; currently published annually and available online at:  
<http://www.med.unc.edu/insightout/>

Pediaction 1994 - 1995  
Co-founder and President  
UNC Medical School mentoring program for at-risk middle

school students that continues to this day

## Grants and Contracts

<b>Pending Awards</b>			
<b>Source and ID</b>	<b>Project Title</b>	<b>Project Period</b>	<b>Role and Percent of Effort</b>
Tennessee Center for Diabetes Prevention and Health Improvement Project Diabetes Implementation Grant	Wellness Partners	2010-	Role: Principal Investigator 20% FTE
	Description: Would fund implementation and evaluation of an afterschool program aimed at preventing child obesity Amount: (funding decision pending – it is currently unclear whether the state will continue Project Diabetes due to state budget limitations)		
<b>Current Awards</b>			
<b>Source and ID</b>	<b>Project Title</b>	<b>Project Period</b>	<b>Role and Percent of Effort</b>
NIH R01	Cross-age Peer-based Health Education to Address Adolescent Obesity Disparity	2011-2014	Co-Investigator 10% FTE (PI: Deborah Slawson; former PI: Tiejian Wu)
	Description: This project will evaluate the benefit of using college-aged peer counselors with high school students in rural Appalachia to reduce obesity. Amount: \$725,000 in direct costs		
American Academy of Pediatrics	Pediatric Hospital Medicine Grant	May 2011	Director
	The grant provides funding to bring a consultant in Pediatric Hospital Medicine to ETSU for a 2-day visit. Amount: (\$3000)		
American Academy of Pediatrics	Breastfeeding Lectureship Grant	April 1, 2010-March 31, 2011	Director
	This grant will cover expenses to bring a national expert in breastfeeding medicine to our region for resident and community provider training. Amount: \$1000		
NIH R15 HD054950-01A2	Rural Clinic-Based Intervention on Child Overweight in Southern Appalachia	January 1, 2009-December 31, 2011	Role: Principal Investigator 10% FTE (former

			Principal Investigator: Tiejian Wu, MD, PhD)
	Description: Would fund a randomized controlled trial of a behavioral treatment for child overweight in regional primary care clinics. Amount: \$211,913 total costs		
<b>Past Awards</b>			
<b>Source and ID</b>	<b>Project Title</b>	<b>Project Period</b>	<b>Role and Percent of Effort</b>
American Academy of Pediatrics CATCH Implementation Grant	Lactation and Infant Nutrition Coordination (LINC) Program	December 31, 2008- June 30, 2010	Principal Investigator
	Description: Will fund establishment and evaluation of an outreach coordinator to promote breastfeeding and infant nutrition and facilitate pediatric prenatal visits in our region. Amount: \$12,000 direct costs		
American Academy of Pediatrics Mentorship and Technical Assistance Program Grants	2008 Obesity Grant	2009	Role: Project Director
	Description: Funded the first conference on breastfeeding in our region Amount: \$2000 direct costs		
American Academy of Pediatrics CATCH Planning Grant	Breastfeeding Promotion as a Bridge between Obstetric and Pediatric Medical Homes	December 1 2007- November 30, 2008	Role: Principal Investigator
	Description: Focus groups with families and providers are being conducted in 4 northeast Tennessee counties with the goal of developing a breastfeeding promotion program in this area. Amount: \$6359 direct costs		
Tennessee Center for Diabetes Prevention and Health Improvement Project Diabetes Implementation Grant	Combating Child Obesity and Diabetes in Northeast Tennessee: Winning with Wellness.	October 1, 2007- September 30, 2008	Role: Principal Investigator 20% FTE
	Description: One year grant to support dissemination and evaluation of a wellness program in elementary and middle schools in our region aimed at promoting physical activity and health nutrition and preventing child obesity and diabetes.		

	Amount: \$94,000 total costs		
ETSU Appalachian Center for Translational Research on Health Disparities (ACTRID)	A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth	August 1, 2005-October 1, 2006	Role: Principal Investigator
	Description: Supported evaluation of an obesity prevention program at an elementary school in rural Appalachia. Amount: \$6875 direct costs		
Subaward from grant awarded to Wake Forest University (NIH 3U01AA01474102S1)	Rapid Responses to Problem Drinking on College Campuses	October 1, 2004-July 31, 2006	Role: ETSU Principal Investigator
	Description: Collaboration with Wake Forest University to study substance use behaviors among rural adolescents and implement and evaluate a school-based prevention program of brief motivational interviewing. Amount: \$105,866 total costs		
East Tennessee State University	Summer Research Fellowship	Summer 2005	Role: Research Advisor
	Description: Funded a medical student to work with me full time for two months on an obesity prevention project.		
East Tennessee State University	Summer Research Fellowship	Summer 2004	Role: Research Advisor
	Description: Funded a medical student to work with me full time for two months on a breastfeeding promotion project		
East Tennessee State University	Student-Faculty Collaborative Research Grant	Summer 2003	Role: Honors student faculty research advisor
	Description: \$550 grant to support research on breastfeeding		
Health Resources Services Administration (HRSA)	Health Careers Opportunities Program	2001-2003	Role: Research Coordinator 25% FTE
	Description: Wrote and edited large portions of grant awarded to the Stanford School of Medicine to support mentorship of disadvantaged students and underrepresented minorities in medicine Amount: ~\$750,000		

Health Resources Services Administration (HRSA)	Center of Excellence	2001-2003	Role: Research Coordinator 25% FTE
Description: Wrote and edited large portions of grant awarded to the Stanford School Medicine to support mentorship and faculty development for underrepresented minorities in medicine and health disparities research Amount: ~\$1,500,000			
<b>Current Contracts</b>			
<b>Source and ID</b>	<b>Contract Title</b>	<b>Contract Period</b>	<b>Role and Percent of Effort</b>
Carolyn M. White Physical Education Program Grant awarded to Hawkins County Department of Education CFDA #84.215F	Striving for (HC) <sup>2</sup> : Healthier Children in Hawkins County	July 1, 2008-June 30, 2011	Role: Principal Investigator 5% FTE
Description: I am serving as external evaluator for new initiatives in Hawkins County elementary and middle schools aimed at improving physical education and promoting a physically active lifestyle for students.			

## Research Presentations

### Oral Presentations

#### National/International Meetings

\*Indicates mentored trainee.

Karen E. Schetzina, Lauren LaBounty\*, School Personnel Perceptions of Child Obesity, Nutrition, and Physical Activity in Rural Appalachia American Academy of Pediatrics National Conference and Exhibition. Boston, Massachusetts, October 12, 2008.

Karen E. Schetzina A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth. NCMHD-ETSU Community Connections Conference, Wintergreen Virginia, June 2007.

Community-Based Participatory Research Approaches to Obesity Prevention in Appalachia, Institute of Medicine Regional Symposium, Progress in Preventing Childhood Obesity: Focus on Communities, Atlanta, GA October 6-7 2005. (Invited presentation).

Schetzina, Karen E.

Monte R Klaudt\*, Karen E Schetzina, Fernando S. Mendoza, Thomas N. Robinson, Ethnic Differences in Mothers' Perceptions of their Child's Weight, Pediatric Academic Society National Meeting, Baltimore, MD, May 2002.

### Local/Regional Meetings

\*Indicates mentored trainee.

Karen E. Schetzina, William T. Dalton. Putting a PLAN into Practice for Child Obesity Management in Primary Care. ETSU Southwest Virginia Pediatric Conference, Abingdon, VA, August 6, 2011. (Invited Presentation).

William T. Dalton, Karen E. Schetzina, Ai-Leng Ho. Child Obesity Treatment in Primary Care: What's the PLAN? ETSU Southwest Virginia Pediatric Conference, Abingdon, VA, August 6, 2011. (Invited Presentation).

Karen Schetzina, William T. Dalton. Update on Child Overweight and Obesity Treatment: Findings from the ETSU PLAN Study (Parent-Led Activity and Nutrition). ETSU Primary Care Conference for PAs and NPs, Johnson City, TN, March 31, 2011. (Invited Presentation)

Karen Schetzina, Julie Ware. Breastfeeding Promotion Project: Prenatal. TIPQC Annual Meeting, Franklin, TN, March 4, 2011. (Invited Presentation)

Nicole Holt\*, Karen Schetzina, William T. Dalton, et al. Primary Care Practice Addressing Child Overweight and Obesity: A Survey of Primary Care Physicians at Four Clinics in Southern Appalachia, ETSU 7<sup>th</sup> Annual Primary Care Research and Prevention Day, Johnson City, TN, February 19, 2011.

Karen Schetzina, Julie Ware. Breastfeeding Promotion. Annual TIPQC Meeting (Tennessee Initiative For Perinatal Quality Control), Franklin, TN, March 3, 2010. (Invited Presentation)

Karen Schetzina, William T. Dalton, Will Frye. A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth: the *Winning with Wellness* Project. Tennessee Rural Health Association Annual Meeting, Pigeon Forge, TN. Fall 2009.

Schetzina, KE. The Role of Healthcare Providers in Breastfeeding Promotion in Appalachia. ETSU Primary Care Research Day. Johnson City, TN. September 2009.

Thomas Yohannan\*, Karen E. Schetzina. School-Based Prevention of Child Obesity. Head for the Hills Conference, Virginia, October, 2008 (Invited presentation).

Ranjit Philip\*, Hazel Robinson, and Karen E. Schetzina. Activity Behaviors in Appalachian Youth. 5<sup>th</sup> Annual Primary Care and Prevention Day. September 13, 2008

Karen E. Schetzina, Lauren LaBounty, 2008 Coordinated School Health (CSH) Institute, Nashville, TN, September 11, 2008 (Invited presentation).

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Karen E. Schetzina, School-Based Type II Diabetes Prevention. Tennessee Alliance for Health, Physical Education, Recreation, and Dance, Annual PANTSS Conference, Johnson City, TN, February 2008 (Invited presentation).

Karen E. Schetzina, A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth. ETSU Appalachian Center for Translational Research in Health Disparities (ACTRID) Conference, Johnson City, Tennessee, March 2007.

Amit Bodhani\*, Parenting, Home Environment, and Child Obesity: A Survey of Parents and Children Attending a Pediatric Clinic. Master of Public Health Thesis Defense, ETSU School of Public Health, Spring 2006 Committee members: (Tiejian Wu (chair), James Anderson, Michael Dunn, Karen Schetzina).

Nora Azzazy\*, Karen E. Schetzina, A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth. Tennessee American Academy of Family Practitioners Annual Meeting, Gatlingburg, TN, October 2005. (Medical student / resident research paper competition winner)

Ashley Blevins\*, Kari Hancock, Karen E. Schetzina, A Descriptive Study of Breastfeeding Rates, Determinants, and Resources among Disadvantaged, Rural-Residing Patients in a Pediatric Residency-Based Primary Care Clinic, Academy of Family Physicians, 56<sup>th</sup> Annual Assembly & Scientific Program, Gatlinburg, TN, October 27, 2005. (Medical student / resident research paper competition winner)

Tiejian Wu, Kevin F. Breuel, Karen E. Schetzina, Melissa F. Neal, Joanne W. Flowers. Blood Lead Concentrations among Children Receiving Well Child Care at a Pediatric Clinic in Northeast Tennessee. Primary Care Research Day, Johnson City, TN, September 2005.

Karen E. Schetzina, A Roadmap to Online Resources for Grant-Writers, Stanford Center of Excellence Grant-Writing Workshop for Health Services Researchers, February 6-7, 2004 (invited presentation / conference coordinator)

Karen E. Schetzina, A Roadmap to Online Resources for Grant-Writers, Stanford Center of Excellence Grant-Writing Workshop for Health Services Researchers, February 7-8, 2003 (invited presentation / conference coordinator)

Karen E. Schetzina, Introduction to Using CMS [Centers for Medicare and Medicaid Services] Data for Health Services Research, Stanford University School of Medicine Center of Excellence, Stanford, California, February 27-28, 2002 (conference coordinator).

Ethnic Differences in Mothers' Perceptions of their Child's Weight, Monte R Klaudt\*, Karen E Schetzina, Fernando S. Mendoza, Thomas N. Robinson, Pediatric Academic Society National Meeting, Baltimore, MD, May 2002

Karen E. Schetzina, A Roadmap to Online Resources for Grant-Writers, Stanford Center of Excellence Grant-Writing Workshop for Health Services Researchers, April 19-20, 2002 (invited presentation / conference coordinator)

Schetzina, Karen E.

Quetzalsol F. Lopez\*, Karen E. Schetzina, Amanda Haiman, and Fernando Mendoza, Barriers to Obtaining Health Insurance among Patients Served By a Mobile Community Health Van, Ambulatory Pediatric Association Region IX & X Annual Meeting, Carmel, CA, February 2002.

Monte R Klaudt\*, Karen E Schetzina, Fernando S. Mendoza, Thomas N. Robinson, Ethnic Differences in Mothers' Perceptions of their Child's Weight, Ambulatory Pediatric Association Region IX & X Annual Meeting, Carmel, CA, February 2002.

## Poster Presentations

### National/International Meetings

\*Indicates mentored trainee.

Julie Ware, Karen Schetzina, Brook Foulk, Lynda Gioia-Flynt, Yvonne Moore, Kimberly Stuckey-Schrock, Peter Grubb. Antenatal Breastfeeding Promotion via a Statewide Quality Improvement Collaborative. 16<sup>th</sup> Annual International Meeting of the Academy of Breastfeeding Medicine, Miami, FL, November 3-6. (Accepted).

Nicole Holt\*, William Dalton, Karen E. Schetzina, Fred Tudiver, Tiejian Wu. Parent perspectives on group sessions in the Parent-Led Activity and Nutrition (PLAN) for Healthy Living study targeting childhood obesity. 139<sup>th</sup> APHA Annual Meeting, Washington, DC, November 1, 2011. (Accepted).

Karen E. Schetzina, William T. Dalton, Fred Tudiver, Nicole Holt\*, Hazel Robinson, Ai-Leng Ho, Matt McBee. Efficacy of Using Brief Motivational Interviewing and Parent Group Visits In Primary Care to Treat Child Overweight and Obesity: Preliminary Results From the Parent-Led Activity and Nutrition (PLAN) for Healthy Living Trial. American Academy of Pediatrics National Conference and Exhibition, Boston, MA, October 14, 2011.

Karen E. Schetzina, William T. Dalton, Alicia Flannery\*, Nicole Holt\*, Meagan Aiken\*, Fred Tudiver. Parent and Provider Perceptions of Use of the NIH We Can! Curriculum for Group Visits In Primary Care to Treat Child Overweight and Obesity: Findings From the PLAN for Healthy Living Study. American Academy of Pediatrics National Conference and Exhibition, Boston, MA, October 14, 2011.

Julie Ware, Karen E. Schetzina, Peter Grubb. Promoting Breastfeeding through a Statewide Quality Collaborative. American Academy of Pediatrics National Conference and Exhibition, Boston, MA, October 14 & 17, 2011.

Jodi Southerland\*, Debbi Slawon, Karen Schetzina, William T. Dalton. Implementation of the Go, Slow, Whoa Meal Pattern in Schools through the *Winning with Wellness* Program: Food Service Workers Perceptions of Implementation Feasibility and Impact. 29<sup>th</sup> Annual Scientific Meeting of the Obesity Society, Orlando, FL, October 2, 2011. (Accepted).

Schetzina, Karen E.

Nicole Holt\*, William T. Dalton, Karen E. Schetzina, Tiejian Wu. Health Related Quality of Life & Weight Change among Overweight Children Residing in Southern Appalachia: Preliminary Outcomes from PLAN for Healthy Living. 32<sup>nd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC, April 27-30, 2011.

Katie Barger\*, Blair Abelson\*, Twanda Wadlington\*, Sherry Freeman, Deborah T. Pfortmiller, Karen E. Schetzina. Video Addressing Barriers Related to Embarrassment, Convenience, and Social Support Increases Reported Likelihood of Breastfeeding among Pregnant Women in Appalachia. American Academy of Pediatrics National Conference, San Francisco, CA, October, 2010.

Karen E. Schetzina, Dawn Tuell, Use of the AAP CATCH Grant Process to Increase Healthcare Provider Support for Breastfeeding in Rural Appalachia. American Academy of Pediatrics National Conference, San Francisco, CA, October, 2010.

Katie Barger, Blair Abelson, Twanda Wadlington, Sherry Freeman, Deborah T. Pfortmiller, Karen E. Schetzina, Effective, Time-Saving Intervention to Overcome Barriers to Breastfeeding in the Primary Care Setting. AAFP Family Medicine Residents and Students National Conference, Kansas City, MO, August 7, 2010.

William Dalton, Lauren LaBounty, Karen E. Schetzina. Use of Items from the CDC School Health Index for Program Development in Rural Appalachian Schools. The Obesity Society's 2008 Annual Scientific Meeting, Phoenix, AZ, October 3 – 7, 2008.

Ashley Blevins\*, Kari Hancock\*, Karen Schetzina, A Descriptive Study of Breastfeeding Rates, Determinants, and Resources among Disadvantaged, Rural-Residing Patients Attending a Pediatric Residency-Based Primary Care Clinic. Pediatric Academic Society Annual Meeting, San Francisco, CA, April 2006.

Karen Schetzina and Nora Azzazy, Teacher Perceptions of Child Obesity in Appalachia. Pediatric Academic Society Annual Meeting, San Francisco, CA, April 2006.

Dawn Tuell, Debra Mills, Rebecca Powers, and Karen Schetzina, Evaluation and Utilization of a Pediatric Internet Curriculum. Association of Pediatric Program Directors Meeting, San Francisco, CA, April 2006.

Yolanda Agredano\*, Karen E. Schetzina, Fernando S. Mendoza, Asthma in Mexican Children from Immigrant Families: Characteristics from NHANES III, Pediatric Academic Society National Meeting, San Francisco, CA, May 7, 2004.

Quetzalsol F. Lopez\*, Karen E. Schetzina, Amanda Haiman, and Fernando Mendoza, Barriers to Obtaining Health Insurance among Patients Served By a Mobile Community Health Van, Pediatric Academic Societies Annual Meeting, Seattle, WA, May 2003

### Local/Regional Meetings

\*Indicates mentored trainee.

Kristen Carlosh\*, Jessica Smith\*, William T. Dalton, Karen Schetzina. Reduced Health-Related Quality of Life in Overweight Middle School Students Residing in Southern Appalachia. ETSU Appalachian Student Research Forum, Johnson City, TN, March 2011.

Alicia Flannery\*, Nicole Holt\*, William T. Dalton, Karen Schetzina, Fred Tudiver, Tiejian Wu. Provider Perceptions on Parent-Led Activity and Nutrition (PLAN) for Healthy Living Study Targeting Child Overweight and Obesity. ETSU Appalachian Student Research Forum, Johnson City, TN, March 2011.

Tiejian Wu, Karen Schetzina, William T. Dalton, Fred Tudiver, Hazel F. Robinson, Nicole Holt. Home Food Environment and Consumption of Energy-Dense Food among Obese Children in Southern Appalachia, ETSU 7<sup>th</sup> Annual Primary Care Research and Prevention Day, February 2011.

Blair Abelson\*, Katie Barger\*, Twanda Wadlington\*, Deborah Pfortmiller, Sherry Freeman, Karen Schetzina. Video Intervention to Promote Breastfeeding in a Primary Care Setting. Rural Health Association Tennessee (RHAT) Annual Meeting, Pigeon Forge, TN, November 17-19, 2010.

Blair Abelson\*, Katie Barger\*, Twanda Wadlington\*, Deborah Pfortmiller, Sherry Freeman, Karen Schetzina. Video Intervention to Promote Breastfeeding in a Primary Care Setting. Appalachian Student Research Day. Johnson City, TN, April 8, 2010.

Frye, W.\*, Dalton, W. T., III, Schetzina, K., Pfortmiller, D., & Slawson, D. L. (2009, November). Quality of life related to eating and physical activity patterns among youth in rural Appalachia: Baseline data from the Winning with Wellness program. Annual Convention of the Tennessee Psychological Association, Nashville, TN. November, 2009.

Lauren LaBounty\*, Karen E. Schetzina. Physical Activity and Weight Perception among Rural Appalachian Middle School Girls, 12<sup>th</sup> Annual Women's Health Conference: A Comprehensive Approach, Johnson City, TN, September 19, 2008.

Lauren Labounty\*, Karen E. Schetzina, Personnel Perceptions of Child Obesity and Diabetes Prevention Efforts in Northeast Tennessee Schools. Tennessee Public Health Association Annual Conference. Franklin, TN, August 2008.

Lauren Labounty\*, Karen Schetzina. Rural Elementary and Middle School Personnel Perceptions of Student Nutrition, Physical Activity, and Obesity. Appalachian Student Research Day. Johnson City, TN, March 2008

Dawn Tuell, Debra Mills, Rebecca Powers, and Karen Schetzina, Evaluation and Utilization of a Pediatric Internet Curriculum. ETSU Primary Care Research Day, Johnson City, TN, September, 2006. .

Ashley Blevins\*, Kari Hancock, Karen E. Schetzina, Insight into Mothers' Infant Feeding Choices Can Guide Breastfeeding Promotion, 9<sup>th</sup> Annual Women's Health Conference:

Schetzina, Karen E.

A Comprehensive Approach, Johnson City, TN, March 4, 2005. (Awarded second place in the scientific poster competition)

Schetzina KE, Hancock K\*, A Descriptive Study of Breastfeeding Rates, Determinants, and Resources among Disadvantaged, Rural-Residing Patients Attending a Pediatric Residency-Based Primary Care Clinic, ETSU Primary Care Research Day, September 11, 2004.

Lisa M. Piercey\*, Karen E. Schetzina, Development and Implementation of an Evidence-Based Pediatric Asthma Clinical Pathway, ETSU Primary Care Research Day, September 11, 2004.

Karen E. Schetzina, Gus Papas, Barry Saunders. A Study of the Greek National Health Care System. UNC Medical Student Research Day. 1999.

## Publications

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**Karen E. Schetzina**, Gus Papas, Barry Saunders. A Study of the Greek National Health Care System. FAX: The UNC Medical Student Research Journal, 1999 (Abstract).

Tommy Koonce, **Karen E. Schetzina**, eds. Insight Out: A Journal Dedicated to Exploring the Value of Community Service. Volume 1, Number 1, Spring 1997.

Monte R Klaudt, **Karen E Schetzina**, Fernando S. Mendoza, Thomas N. Robinson. Racial/Ethnic Differences in Maternal Perception of Children's Weight, Pediatric Research 2002; 51 (4 Suppl part 2): 196A-eoa, 2002. (Abstract)

Quetzalsol F. Lopez\*, **Karen E. Schetzina**, Amanda Haiman, and Fernando Mendoza, Barriers to Obtaining Health Insurance among Patients Served By a Mobile Community Health Van, Proceedings of the Pediatric Academic Societies Annual Meeting, May 2003. (Abstract)

Yolanda Agredano\*, **Karen E. Schetzina**, Fernando S. Mendoza, Asthma in Mexican Children from Immigrant Families: Characteristics from NHANES III, Proceedings of the Pediatric Academic Society National Meeting, May 7, 2004. (Abstract)

Anthony E. Burgos, **Karen Schetzina**, LoriBeth Dixon, Fernando S. Mendoza. Health Care Access and Utilization for First, Second, Third and Later Generation, Mexican American Children: Data from NHANES III, Pediatrics. March 2005, vol:115 iss:3.

**Karen Schetzina** and Nora Azzazy\*. Teacher Perceptions of Child Obesity in Appalachia. Proceedings of the Pediatric Academic Society Annual Meeting, April 2006. (Abstract)

Amit Bodhani\*, (Tiejian Wu (chair), James Anderson, Michael Dunn, **Karen Schetzina**).

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Parenting, Home Environment, and Child Obesity: A Survey of Parents and Children Attending a Pediatric Clinic. A thesis presented for the degree of Master of Public Health ETSU School of Public Health, August 2006.

Ashley Blevins\*, Kari Hancock\*, **Karen Schetzina**, A Descriptive Study of Breastfeeding Rates, Determinants, and Resources among Disadvantaged, Rural-Residing Patients Attending a Pediatric Residency-Based Primary Care Clinic. Proceedings of the Pediatric Academic Society Annual Meeting, April 2006. (Abstract)

**Karen Schetzina**. Irritability and Intractable Crying. *Pediatric Hospital Medicine*. Lisa B. Zaoutis, Vincent W. Chiang, editors. Elsevier 2007.

Bonnie Spear, Sarah Barlow, Chris Ervin, David Ludwig, Brian Saelens, **Karen Schetzina**, Elsie Tavaras. Recommendations for Treatment of Child and Adolescent Overweight and Obesity. *Pediatrics*. Vol. 120 Supplement December 2007, pp. S254-S288.

**Karen E. Schetzina**, Regina Wilder, Amelia Nichols, et al. A Study of Rural Middle School Student Health Risk Behaviors Four County Reports, 2007.

**Schetzina KE**. Media Exposure: the Link with Adolescent Health Risk Behaviors. *Southern Medical Journal*. February 2008; 101(2): 118-119.

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Winning with Wellness Toolkit for K-8 teachers, administrators, and cafeteria, 2008

**Schetzina KE**, Dalton WT, Lowe, EF, Azzazy N, vonWerssowetz KM, Givens C, Pfortmiller DT, Stern HP. A Coordinated School Health Approach to Obesity Prevention among Appalachian Youth: The *Winning with Wellness* Pilot Project. *Family and Community Health* 2009; 2(3): 271-85.

**Schetzina KE**, Dalton WT, Lowe EF, Azzazy N, vonWerssowetz KM, Givens C, Stern HP. Developing a coordinated school health approach to child obesity prevention in rural Appalachia; results of focus groups with teachers, parents, and students. *Rural and Remote Health* 2009;9:1157 (Online). [www.rrh.org.au](http://www.rrh.org.au). Accessed December 1, 2009.

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**Schetzina KE**, Breastfeeding Advocacy Benefits Everyone (BABE) Coalition. BABE Website. 2009. [www.breastfeedingsupportnet.com](http://www.breastfeedingsupportnet.com) Accessed February 4, 2011.

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