

CURRICULUM VITAE
JANICE E. MARAS, EdD, MSN

OFFICE ADDRESS

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EDUCATION

- EdD 2017 Northeastern University, College of Professional Studies, Boston, MA
Doctorate in Education, Curriculum, Teaching, Learning, and Leadership,
Thesis: Narrative Wellness: Voices of People Who Are Experiencing Homelessness
- MSN 2007 Eastern Michigan University, MI
Master of Science in Human Nutrition – Coordinated Program Combination in
Dietetics, *Thesis: The Association of Whole Grain Intake with the Metabolic
Syndrome: Baltimore Longitudinal Study*
- BA 1988 University of Massachusetts, Boston, MA
Human Services and Business Management
- AS 1986 Laboure College, Boston, MA
Nutrition and Dietetic Technician, Registered (NDTR)

CERTIFICATION

- Nutrition and Dietetics Technician, Registered, MA License
- Research Dietetics Practice Group (RDPG) under The Academy of Nutrition &
Dietetics
- Certified Trainer for the Minnesota Nutrient Database

EMPLOYMENT

- 2021- Associate Teaching Professor, Department of Health Sciences, Bouvé College of
Health Sciences, Northeastern University, Boston, MA
- 2013- Director, Dietary Assessment Center, Department of Health Sciences, Bouvé
College of Health Sciences, Northeastern University, Boston, MA
- 2017-2020 Assistant Teaching Professor, Department of Health Sciences, Bouvé College of

Health Sciences, Northeastern University, Boston, MA

- 2010-2013 Research Manager, Dietary Assessment Center, Department of Health Sciences, Bouvé College of Health Science, Northeastern University, Boston, MA
- 1991-2009 Dietary Data Manager, Dietary Assessment and Epidemiology Research Program, USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA
- 1987-1991 Dietary Assessment Coordinator, Scientific Computing Department USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA
- 1986-1987 Nutritional Coder, Scientific Computing Department, USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA
- 1985-1986 Health Technician, Veterans Administration Medical Center, Brockton, MA
- 1980-1985 Diet Supervisor, Goddard Memorial Hospital, Stoughton, MA

PROFESSIONAL AFFILIATIONS

- 1986- Member, Academy of Nutrition and Dietetics, Licensed NDIR
- 1986- Member, Massachusetts Dietetic Association

RESEARCH AND SCHOLARSHIP

Refereed Original Articles (* Co-authored with undergraduate or graduate students)

1. Reid, M, **Maras JE**, Shea S, Wood AC, Castro-Diehl C. Association between diet quality and sleep apnea in the Multi-Ethnic Study of Atherosclerosis. *Sleep*, 2019; 42 (1), zsy194. *
2. Castro-Diehl C, Wood AC, Redline S, Reid M, Johnson D, **Maras JE**, Jacobs D, Shea S Crawford A, Pierre St-Onge M. Mediterranean diet pattern and sleep duration and insomnia symptoms in the Multi-Ethnic Study of Atherosclerosis, *Sleep*, 2018;41, (11), zsy158.*
3. **Maras, J.E.** Narrative wellness: voices of people who are experiencing homelessness. Doctorate thesis: Northeastern University. 2017; 5:1
4. Talegawkar S, Tanaka T, **Maras, JE**, Ferrucci L, Tucker, KL. Validation of nutrient intake estimates derived using a semi-quantitative FFQ against 3-day diet records in the Baltimore Longitudinal Study of Aging. *The Journal of Nutrition, Health and Aging* 19 (2015): 994-1002.
5. Ye X, Scott T, Gao X, **Maras JE**, Bakun PJ, Tucker KL. Mediterranean diet, healthy eating index 2005, and cognitive function in middle-aged and older Puerto Rican adults. *J Acad Nutr Diet* 2013;113(2):276-281.
6. Mitchell DC, Tucker KL, **Maras J**, Lawrence FR, Smiciklas-Wright H, Jensen GL, Still CD, Hartman TJ. Relative validity of the Geisinger Rural Aging Study food frequency questionnaire. *J Nutr Health Aging*. 2012 Jul;16(7):667-72. PMID: 22836711.

7. **Maras JE**, Talegawkar SA, Qiao N, Lyle B, Ferrucci L, Tucker KL. Flavonoid intakes in the Baltimore Longitudinal Study of Aging. *J Food Comp*. 2011; 24:1103-1109.
8. Johnson EJ, **Maras JE**, Rasmussen HM, Tucker KL. Intake of lutein and zeaxanthin differ with age, gender and ethnicity. *J Am Diet Assoc* 2010; 110:1357-1362.
9. Ye X, **Maras JE**, Bakun P, Tucker KL. Dietary intake of vitamin B6, plasma pyridoxal 5'-phosphate and homocysteine in Puerto Rican Adults. *J Am Diet Assoc* 2010; 110:1660-1668. PMC2989853.
10. Tucker KL, **Maras J**, Qiao N. Simulation with soy replacement showed that increased soy intake could contribute to improved nutrient intake profiles in the US population. *J Nutrition* 2010;140:2296S-2301S.
11. **Maras JE**, PK Newby PK, PJ Bakun PJ, Ferrucci L, Tucker KL. Whole grain intake: The Baltimore Longitudinal Study of Aging. *Journal of food composition and analysis*. 2009; 22:53-58.
12. **Maras JE**. The association of whole grain intakes with the metabolic syndrome: the Baltimore longitudinal study of aging (BLSA) master thesis: Eastern Michigan University, 2007.
13. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker K. Intake of whole grains, refined grains, and cereal fiber measured with 7-d diet records and associations with risk factors for chronic disease. *Am J Clin Nutr* 2007; 86:1745–53. PMC2646086.
14. Imamura F, Hernandez L, Mazariegos M, Solomons N, **Maras J**. Adequacy of nutrient intakes among Guatemalans according to different nutrient recommendations. *Journal of Federation of American Societies for Experimental Biology* 2005;19.
15. Tucker KL, **Maras J**, Champagne C, Connell C, Goosby S, Weber J, Zaghoul S, Carithers T, Bogle ML. A regional food-frequency questionnaire for the US Mississippi Delta. *Pub Health Nutr* 2005; 8:87-96.
16. **Maras JE**, Bermudez OI, Bakun PJ, Qiao N, Boody-Alter E, Tucker KL. Intake of alpha-tocopherol is limited among US adults. *J Am Diet Assoc* 2004; 104:567-575.
17. Gao X, Wilde PE, **Maras JE**, Bermudez OI, Tucker KL. The Maximal Amount of {alpha}-Tocopherol Intake from Foods Alone in U.S. Adults (1994-1996 CSFII): An Analysis by Linear Programming. *Ann N Y Acad Sci*. 2004; 12:1031:385-6.
18. Tucker KL, Bianchi L, **Maras J**, and Bermudez O. Adaptation of a food frequency questionnaire to assess diets of Puerto Rican and non-Hispanic adults. *Am J Epidemiol* 1998; 148:507-518.

Refereed Abstracts

1. Cloutier G, **Maras J**, Castaneda-Sceppa C. Relationship between body fat composition and body mass index with fitness status of first year college students. *Nutrition Week, American Society for Nutrition: Nutrition Week, Boston, 2018*.
2. Bigornia, S. J., Saklani, S., **Maras, JE.**, Rubin, K., & Tucker, K. L. Consumption of Salad Dressing and Nutrient Intake of the US Population. *FASEB Journal*, 2016:30:1154-18.
3. Noel, S. E., Saklani, S., **Maras, JE.**, Bigornia, S. J., Rubin, K., & Tucker, K. L. Consumption of Cheese and Nutrient Intake of the US Population. *FASEB Journal*, 2016:30: 905-10.
4. Lin, N., Smith, C., Frazier-Wood, A., Parnell, L., Noel, S., **Maras, JE.**, & Averill, M. PNPLA3 Variants Are Associated with Obesity and Interact with Meat and Dairy Intake in Hispanic and Non-Hispanic White Americans. *FASEB Journal*, 2015:29:750.
5. Talegawkar, S. A., Chen, P., Liu, J., Hickson, D. A., **Maras, J.**, Manjourides, J., Tucker, K. L. Life's simple 7 (LSS) and its associations with coronary artery calcium (CAC): the Jackson

Heart Study (JHS). *FASEB Journal*, 2013;27:12

6. Franck J, Kansy M, **Maras J**, Tucker KL. A whole foods diet with omega-3 and vitamin D supplementation is associated with improved health outcomes in children with ASD. *FASEB Journal*, Boston, MA, 2013;4
7. Johnson EJ, **Maras J**, Rasmussen H, Tucker KL. Intake of lutein and zeaxanthin differs with age, gender and ethnicity. EB, San Diego, CA. *FASEB Journal*, 2008;22:868.9-868.9
8. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker KL. Whole grains, refined grains, and cereal fiber measured using 7-d diet records: associations with risk factors for chronic disease. EB, Washington DC. *FASEB Journal* 2007.21:5: A177-A177.
9. Imamura F, Hernandez L, Mazariegos M, Solomons NW, **Maras JE**, Bermudez O. Adequacy of Nutrient Intakes among Guatemalans According to Different Nutrient Recommendations *Journal of Federation of American Societies for Experimental Biology*.01/2005; (4): A425.
10. Newby PK, **Maras J**, Bakun P, Muller D, Ferrucci L, Tucker KL. Ready-to-eat cereal intake is inversely associated with measures of body composition and body weight, but not with associated risk factors for chronic disease. NAASO, The Obesity Society, New Orleans, LA.2007;10.
11. Newby PK, **Maras J**, Bakun P, Muller D, Tucker KL. Dietary intakes of whole grains and fiber assessed using 7-d diet records are inversely associated with waistcircumference. *North Am Assoc for the Study of Obesity (NAASO)*, Boston. 2006;10.
12. Bermudez OI, **Maras JE**, Tucker KL. Differences in food intake of NHANES older adults, by ethnicity and obesity status. *FASEB J* 17 (4): abstract 8866. 2003
13. Hernandez L, Mazariegos M, Bermudez OI, **Maras JE**, Tucker KL, Solomons NW. Dietary fat intake in urban and rural Guatemalan women. *Am J Clin Nutr* 75:384S abstract #P146. 2002.

Presentations and Proceedings

1. Sprague-Martinez L, Reich A, **Maras JE**, Tucker KL, Pereira F. Engaging urban youth of color dietary assessment and the disparities dialog. *Am Pub Health Assoc*, Boston, MA, Nov 2013.
2. **Maras JE**, Talegawkar S, Qiao N, Stavro M, Tucker, KL. Flavonoid intake: the Baltimore Longitudinal Study of Aging. *International Conference on Dietary and Activity Methodology (ICDAM)*. Bethesda, MD. Jun. 2009.
3. **Maras JE**, Newby PK, Bakun PJ, Ferrucci L, Tucker KL. Whole grain intake, definition and database development: the Baltimore Longitudinal Study of Aging. *31st US National Nutrient Databank Conference*, Washington DC, Apr. 2007.
4. Gao X, Wilde P, **Maras J**, Bermudez O, Tucker KL. The maximal amount of alpha-tocopherol intake from foods alone in US adults: An analysis using linear programming. *Vitamin E and Health*, Kelly F, Meydani M, Packer L (eds) *Annals of the New York Academy of Sciences* 2004.
5. Bakun P, Mazariegos M, Hernandez L, Villagran A, Solomons NW, **Maras JE**, Tucker KL, Bermudez OI. Assessment of dietary food patterns among Guatemalan adults from the Cronos Study: Development of a nutrient Database. *Intl Food Data Conference and the National Nutrient Databank Conference*, Washington DC. 2003.
6. **Maras JE**, Valdes V, deMas M, Bakun P, Tucker KL, Bermudez OI. Development of a nutrient database to assess food patterns among older Panamanian Adults. *Intl Food Data Conference and the National Nutrient Databank Conference*, Washington DC. *The National Nutrient Databank Conference*. Washington DC. 2003.

7. Bermudez OI, Bakun P, **Maras JE**, Boody-Alter E, TuckerKL. Using the 1999-2000 NHANES to evaluate the association of nutrient intakes and food patterns with obesity and ethnicity among older Americans. Intl Food Data Conference and the National Nutrient Databank Conference, Washington DC. 2003.
8. Bakun P, **Maras JE**, Bermudez O, Qiao N, Boody-Alter E, Tucker KL. Intake and sources of alpha tocopherol in US adults. National Nutrient Databank Conference. Baton Rouge, LA. 2002.
9. **Maras JE**, Tucker KL, Dawkins N, Champagne C, Connel C, Zaghlool S, Goolsby S, Forrester I, Bogle M. Adaptation of a food frequency questionnaire (FFQ) to assess diets in the lower Mississippi Delta region. 4th Int Conference on Dietary Assessment Methods. Pub Health Nutr 5(6A):1014. Abstract A3.11. 2000.
10. Tucker K, Schaetzel T, **Maras JE**. Adapting a food frequency questionnaire for use with Puerto Rican and non-Hispanic adults. Int Conference on Dietary Assessment Methods, Boston, MA. Am J Clin Nutr 65(4S):1325S. 1997.

Regional/Local Presentations

1. Campanale, G, **Maras, JE**, Eating for Immunity: A dietary review on NUWell student participants for COVID-19 susceptibility. RISE 2021. Boston, April 15, 2021.
2. Pelarski, V, **Maras, JE**, Strength Training and Improving Bone Density in Female College Students. RISE 2021. Boston, April 15, 2021.
3. Shekhar, Nitika, **Maras, JE**, Personalized Fitness RISE 2020. Boston, April 15, 2021.
4. Tormo, J, Cherian, R, **Maras, JE**, Correlation Between Dairy Intake and Body Fat Composition in Female First Year College Students RISE 2020. Boston, April 20, 2020.
5. Martin, S, **Maras JE**, NUWell: An Assessment of Northeastern First-Year's Eating Habits. RISE 2019. Boston, April 9, 2019.

Research

Funded Grants:

Northeastern University Funded (PI: Janice Maras) Northeastern University Center for A Wellness Engaged Lifestyle. Northeastern University. IRB# 17-12-8. 2018-2020.

Family Gym – PI Sceppa/Hoffman, Boston Children's Collaboration For Community Health under the Community Physical Activity, Recreation, and Food Fund - Nutrition Consultant for Curriculum Development 2021.

Completed Grants:

Faculty Research and Creative Activity Incentive Grants (FRCAIG). Principal Investigator (with Amy Wu & Justin Manjourides). "Development and modification of an image-based implicit food attitude measure." Northeastern University. Award No. 004_2016-2017.

Tufts University (PI: Janice Maras) D2d2 – Vitamin D and Type 2 Diabetes, Division of Endocrinology, Diabetes and Metabolism, Tufts Medical Center Award No. 101482. 2015-2020.

Awarded, "Multicultural Food Frequency Questionnaire," Sponsored by Tufts Medical Center. (PI on No cost Extension May 31, 2020.

Consulting:

Dietary Assessment Center (DAC) in the Department of Health Sciences at Northeastern University. DAC provides data collection, processing, development and interpretation of dietary intake data. I am highly skilled in providing unique, specialized dietary assessment services.

Recent studies that have used the DAC:

Susan F. Smith Center for Women’s Cancers at Dana-Farber–Conduct telephone 24-hr recalls and dietary analysis. 2016-2017.

Baltimore Longitudinal Study of Aging and Translational Gerontology Branch, NIA – 24-hr recall and food frequency questionnaire and dietary analysis. 2014-2017.

MATCH (Mothers and Their Children’s Health) Study, USC. Conduct telephone 24-hr analysis. 2015-2018.

Randomized Lifestyle Intervention in Overweight and Obese Pregnant Hispanic Women. NIH/University of Massachusetts Amherst. (PI: Lisa Taber, UML) – Conduct food record analysis 2013-2018.

Randomized Trial of a Postpartum Diabetes Prevention Program for Hispanic Women. NIH/University of Massachusetts Amherst (PI: Lisa Taber, UML -) – Conduct food record analysis 2012-2018.

NORTHEASTERN UNIVERSITY TEACHING

Undergraduate

HSCI 1106 Contemporary Issues in Nutrition

Fall 2015, Spring 2016, Fall 2017, Spring 2017, Fall 2018, Spring 2018, Fall 2019, Spring 2019, Spring 2020, Fall 2021, Spring 2021

HSCI 1107 Nutrition Service Learning

Spring 2016, Fall 2017, Spring 2017

HSCI 1105 Foundation Nutrition

Summer 1 2016, Summer 1 2017, Summer 1 2018, Summer 1 2020, Summer 1 2021

HSCI 2500 Pub Health Nutrition in the Community

Fall 2019

HSCI 2350 Advanced Nutrition

Spring 2020, Fall 2021, Spring 2021

HSCI 1000 Introduction College

Fall 2018, Fall 2019, Fall 2021

HSCI 4700 Capstone Introduction

Fall 2018, Fall 2019, Fall 2020, Fall 2021

HSCI 4720/HSCI4730 Health Sci Capstone Service/Research

Spring 2018, Spring 2019, Spring 2020, Spring 2021

HSCI 4970 Jr/Sr Honors Project

Fall 2019, Spring 2020

Curriculum Development

Lead a global experience with a Dialogue of Civilizations 2021.

Intersession courses – Culinary Nutrition Summer Intersession 2021.

Developed with CPS-plus one pathway Curriculum for MS in Applied Nutrition 2020.

Developed Nutrition Minor 2019-2020.

NORTHEASTERN UNIVERSITY STUDENT MENTORING/ADVISING

2018-2019 Master's Thesis Committees

2015-2017 Graduate Student Advising

2016-2018 Graduate Practicum

2017-2020 Undergraduate Student Advising & Mentoring

2019-2020 Undergraduate Student Directed Studies & Honors

SERVICE TO THE DISCIPLINE/PROFESSION

Editorial

Editor Reviewer - Current Developments in Nutrition

Committees

Member, Nutrition and Dietetic Research Group, Academy of Nutrition & Dietetics 2018-2021.

Member, Ada-Academy's Center for Lifelong Learning, Academy of Nutrition & Dietetics 2019-2021.

SERVICE TO THE COMMUNITY/PUBLIC

2015-2017 Back On MY Feet – Nutrition and Wellness Educator, Boston, MA

2016-2017 Rosie's Shelter - Nutrition and Wellness Educator, Boston, MA

2017 Trotter School – Nutrition and Wellness Educator, Boston, MA

2015-2017 YMCA –Nutrition and Wellness Educator, Boston, MA

Media Featuring Scholarship

3QS: IS SODA LOSING ITS FIZZ?

<https://news.northeastern.edu/2016/06/21/3qs-is-soda-losing-its-fizz/>

How to Strengthen Your Immune System: Advice from 34 Immune Health Experts on The #1 Way to Make Your Immune System Stronger

<https://blog.delimmune.com/2014/09>.

4 ways the new nutrition label will help you make smarter food choices

<https://www.metro.us/4-ways-the-new-nutrition-label-will-help-you-make-smarter-food-choices/2014/08>.