

Curriculum Vitae

*Margaret R. Savoca
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Department of Nutrition
University of North Carolina Greensboro
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Updated – January 17, 2012

POSITIONS

- Associate** 8/2005-present
University of North Carolina at Greensboro, Dept. of Nutrition
- Adjunct Assistant Professor** 8/2005-2008
Medical College of Georgia, Dept. of Pediatrics, Georgia Prevention Institute
- Assistant Research Scientist** 6/2004-8/2005
Medical College of Georgia, Dept. of Pediatrics, Georgia Prevention Institute

EDUCATION

- Postdoctoral Fellow** 2003-2004
Medical College of Georgia, Department of Pediatrics, Georgia Prevention Institute
Cardiovascular risk factors among children and adolescents
- Doctorate of Philosophy** 2002
University of North Carolina Greensboro, Department of Nutrition
Dissertation topic: Food Habits of People with Type 2 Diabetes Mellitus
- Master of Science** 2000
University of North Carolina at Greensboro, Department of Nutrition
Thesis topic: A Qualitative Analysis of the Lifestyle Characteristics of People with Type 2 Mellitus
- Bachelor of Science** 1974
Douglass College, Rutgers the State University of New Jersey
Home Economics

HONORS AND AWARD

- Winston Salem Foundation Youth Activity Award 2011
- HES Excellent Award for Advisor of the Year 2009-2010
- 2009 USDA National Excellence in College and University Teaching Award Nominee 2009
- HES Excellence Award for Teacher of the Year 2008-2009
- HES Excellence Award for Advisor of the Year 2006-2007
- Fellow, 6th Annual Summer Institute on Randomized Clinical Trials involving Behavior Interventions sponsored by the Office of Behavioral and Social Sciences Research – National Institute of Health. 2006

Naomi G. Albanese Doctoral Fellow, School of Human Environmental Sciences, University of North Carolina – Greensboro	1999-2002
Outstanding Graduate Student Award, School of Human Environmental Sciences, University of North Carolina – Greensboro	1999-2000

EXTERNAL FUNDING

CURRENT

PI Pilot Project P20MD002289-05 NCMHD PI Pilot Study: Heart of Hypertension Project 2: Community-engaged approach to Lifestyle Change for African-American Men TRIAD Center for Health Disparities “ (D. Wallace, PI) \$79,902	6/2011-5/2012
PI Pilot Project P20MD002289-01 NCMHD– PI of Pilot Project “Development of Instruments for Tailored Interventions to Prevent and Treat Hypertension among Young African American Men” TRIAD Center for Health Disparities “ (D. Wallace, PI) \$113,000.	6/2007–5/2012

PAST

Co-I 5R01DE017092-10 “Rural Older Adults: Oral Health, Diet, and Quality of Life”, Sub-contract Wake Forest University, School of Medicine, PI Sara Quandt \$88,000 (sub-contract)	9/2007–1/2011
Consultant 2R42HL072644-02A1 NHLBI “Impact of Lifeskills on blood pressure in youth” 2/07-1/09, PI Vernon Barnes, Medical College of Georgia. N/A	2/2007-1/2009
PI R21-HL077502-01 NHLBI “Risk of Hypertension: Young Adult Lifestyle & Parental Influence” \$287,000	8/2004–5/2007
Co-I R01-HL69999 NHLBI “Stress Induced Mechanisms of Hypertension Risk”, PI: G. Harshfield, Medical College of Georgia	4/2003 - 8//2007
Co-I R01-HL073260-01 NHLBI “Impaired Sodium Regulation and BP in Obese Youth” PI: G. Harshfield, Medical College of Georgia	10/2003–8/2004
Co-I R41-HL072644 NHLBI “Impact of LifeSkills Training on Blood Pressure in Youth” PI: V. Barnes, Medical College of Georgia	9/2003 - 8/2005

SUBMITTED

Co-I NIDCR Rural Older Adults: Oral Health, Diet, and Quality of Life”, Sub-contract Wake Forest University, School of Medicine, PI Sara Quandt \$192,553 (UNCG sub-contract). In review

University of Michigan Center of Excellence in Cancer Communications Research Developmental Projects Funding -Meal Pattern Timeline: A Tool for Guiding Dietary Change. (M.R. Savoca, PI) Not awarded

INTERNAL FUNDING(PI)

Human Environmental Science SEED Award \$9600	Jan 2011- Dec 2011
Human Environmental Sciences Technology Development award (PI) \$1000	2007-2008
HES Undergraduate Research Assistant Support (Mashawn Steen, NTR Nutrition Science)	Summer 2010

PUBLICATIONS

- Savoca MR**, Miller CK. *Food selection and eating patterns: themes found among women with type 2 diabetes mellitus*. Journal of Nutrition. Education. 2001;33:224-233.
- Savoca MR**, Miller CK, Quandt SA. *Profiles of people with type 2 diabetes mellitus: the extremes of glycemic control*. Social Science & Medicine. 2004;58(12): 2655-2666.
- Savoca MR**, Evans CD, Wilson ME, Harshfield GA, Ludwig DA. *The association of caffeinated beverages with blood pressure in adolescents*. Archives of Pediatric & Adolescent Medicine. 2004;158 (5): 473-477.
- Savoca MR**, Miller CK, Ludwig DA. *Food habits are related to glycemic control among people with type 2 diabetes mellitus*. Journal of the American Dietetic Association 2004; 104(4): 560-566.
- Savoca MR**, Mackey ML, Evans CD, Wilson M, Ludwig, Harshfield GA. *The association of ambulatory blood pressure and caffeine in adolescents*. American Journal of Hypertension 2005;18:116-120.
- Savoca, MR**, Baxter SD, Ludwig DA, Evans CD, Mackey ML, Wilson ME, Hanevold C, Harshfield GA. *A four-day sodium-controlled diet reduces variability of overnight sodium excretion in free-living adolescents*. Journal of the American Dietetic Association 2007;107:490-494.
- Savoca MR**, Quandt, SA, Evans CD, Flint TL, Bradfield AG, Morton TB, Harshfield GA, Ludwig DA. *Views of hypertension among young African Americans who vary in their risk of developing hypertension*. Ethnicity & Disease. 2009;19:28-34.
- Arcury TA, Bell RA, Anderson AM, Chen H, **Savoca MR**, Kohrman T, Quandt SA. *Oral health self-care behaviors of rural older adults*. Journal of Public Health Dentistry. 2009;63:182-189.
- Bell RA, Arcury TA, Chen H, Anderson AM, **Savoca MR**, Kohrman T, Quandt SA. *Use of tobacco products among rural older adults: prevalence of ever use and cumulative lifetime use*. Addictive Behaviors. 2009;34:662-667.
- Quandt SA, Chen H, Bell RA, Anderson AM, **Savoca M**, Kohrman T, Gilbert GH, Arcury TA. *Disparities in oral health status among older adults in a multi-ethnic rural community: the Rural Nutrition and Oral Health Study*. Journal of the American Geriatrics Society. 2009;57:1369-75.
- Savoca**, MR, Arcury TA, Leng X, Bell RA, Chen H, Anderson AM, Kohrman T, Quandt SA. *The diet quality of rural older adults in the South as measured by HEI-2005 varies by ethnicity*. Journal of the American Dietetic Association. 2009;109:2063-2067.
- Bell RA, Arcury TA, Chen H, Anderson AM, Leng X, **Savoca MR**, Kohrman T, Gilbert GH, Quandt SA. *Tobacco use and oral health conditions in an ethnically diverse sample of rural older adults*. Community Dentistry and Oral Epidemiology. Addictive Behaviors 34 (2009) 662–667
- Savoca**, MR, Arcury TA, Leng X, Chen H, Bell RA, Anderson AM, Kohrman T, Frazier R, Gilbert GH, Quandt SA. *Severe tooth loss in older adults as a key indicator of compromised dietary quality*. Public Health Nutrition. 2010; 63:182-9.
- Quandt SA, **Savoca MR**, Chen H, Bell RA, Anderson AM, Kohrman T, Gilbert GH, Arcury TA. *Food avoidance and modification practices of older rural adults*. The Gerontologist. 2010;50(1):100-111.
- Savoca**, MR, Arcury TA, Leng X, Chen H, Bell RA, Anderson AM, Kohrman T, Gilbert GH, Quandt SA. *Association Between dietary quality of rural older adults: self-reported food avoidance and food modification and oral health problems*. Journal of the American Geriatrics Society. 2010 Jul;58(7):1225-32
- Quandt SA, **Savoca MR**, LengX, Chen H, Bell RA, Gilbert GH, Anderson AM, Kohrman Arcury TA. *Dry mouth and dietary quality among older adults in North Carolina*. Journal of the American Geriatrics Society. Journal of the American

Geriatrics Society 59:439–445, 2011.

Savoca MR, Flint TL, Morton TB, Bell NM,, Johnson LA, Aronson RE, Wallace DC. *Meal patterns and food choices of young African American men: understanding eating within the context of daily life.* Journal of the American Dietetic Association. 2011;111:1335-1342.

Savoca MR, Arcury TA, Leng X, Bell RA, Anderson AM, Kohrman T, Gilbert GH, Quandt SA. *Impact of Denture Usage, Dietary Quality, and Food Avoidance among Rural Older Adults.* Journal of Nutrition, Geriatrics, and Gerontology. 2011;30(1):86-101.

MANUSCRIPTS UNDER REVIEW

MANUSCRIPTS IN PREPARATION

Savoca MR, Flint TL, Morton TB, Aronson RE, Wallace DC. *Hypertension awareness and hypertension risk among a diverse group of young African-American men.*

Nichols TR, **Savoca MR**. *Stress in the lives of African American mothers whose children vary in their risk of developing hypertension.*

Savoca MR, Flint TL, Aronson RA. *The meal patterns of African-American adolescents who vary in their risk of developing hypertension.*

Morton TB, Nichols TR, **Savoca MR**. *The relationship between lifestyle characteristics of mothers of African-American adolescents adolescents with varying risk of developing hypertension.*

PUBLISHED ABSTRACTS

Hatfield, J.L., **MR Savoca**, I. Stallmann-Jorgensen, M.C. Humphries, P. Barbeau, B. Gutin. *Low intake of dietary iron among teenage girls is associated with insoluble fiber and energy intake.* Journal of the American Dietetic Association, 2003, 103 (suppl 1): A-23.

Savoca MR, I. Stallmann-Jorgensen, JL Hatfield, MC Humphries, P. Barbeau. DA Ludwig, B. Gutin. *Association between eating habits reported by adolescents during dietary recalls and self-reported energy intake.* Journal of American Dietetic Association, 2003, 103 (suppl 1): A-24.

Savoca MR, Evans CD, Wilson, ME, Ludwig, DA, Harshfield, GA *Caffeinated Intake is associated with Systolic Blood Pressure in African American (AA) but not Caucasian Adolescents.* Annals of Behavioral Medicine, 2004,27 (suppl): S126.

Savoca MR, Mackey, L, Evans CD, Wilson, ME, Ludwig, DA, Harshfield, GA. *4-day sodium controlled diet lowers sodium excretion in adolescents prior to a competitive stress protocol.* Annals of Behavioral Medicine, 2005, 29 (suppl): S012.

Flint T, Bradfield A, Quandt S, **Savoca MR**. *Variations in meal patterns of young African American Adults are associated with their hypertension risk profiles.* Annals of Behavioral Medicine, 2008,35 (suppl): D109

Quandt S, Bell R, Chen H, **Savoca M**, Kohrman T, Ruggiero A, Arcury T. *Oral Health Status of Rural Older Adults in a Multi - Ethnic Community.* Program No. 220-5. 2008 Abstract Viewer. National Harbor, MD: The Geriatrics Society of America

SA Quandt SA, Bell RA, Chen H, **Savoca MR**, Kohrman T, Ruggiero AM, Arcury TA. *Oral Health Status of Rural Older Adults in a Multi-Ethnic Community.* The Gerontologist 2008;48(Special Issue 3)347.

Quandt SA, **Savoca MR**, Leng X, Chen H, Bell RA, Anderson AM, Gilbert GH, Arcury TA. *Food Avoidance and Modification Influence Dietary Quality among Multi-Ethnic Older Rural Adults.* The Gerontologist 2009; 49(52):512

Arcury TA, **Savoca MR**, Anderson AM, Chen H, Leng X, Bell RA, Quandt SA. *Social Isolation, Oral Health, and Health Related Quality of Life in a Multi-Ethnic Sample of Older Rural Adults.* The Gerontologist 2009; 49(52):34.

PRESENTATIONS

Savoca MR, Miller CK. Processes of change in the management of type 2 diabetes mellitus. Institute of Nutrition, University of North Carolina at Chapel Hill, Abstracts of Presentations, October 8,1999;26:A130.

Savoca, MR, Miller CK. Issues raised by supplement usage among people with type 2 diabetes mellitus. Society for Nutrition Education, Annual Meeting, Charleston, SC, Proceedings, July 22-26,2000;54:P50

Savoca MR, Miller CK. Relationship among stages of change, self-efficacy and type 2 diabetes mellitus. Society for Nutrition Education, Annual Meeting, Charleston, SC, Proceedings, July 22-26,2000;47:P23

Savoca MR, Miller CK. A model of the nutritional management of diabetes among a socially diverse population. Institute of Nutrition, University of North Carolina at Chapel Hill, Abstract of Presentations, October 12,2001:22:A125.

Savoca MR, Evans CD, Wilson, ME, Ludwig, DA, Harshfield, GA Caffeine is related to stress-induced changes in diastolic blood pressure among African American adolescents. 2nd Annual Meeting of the International Association for Behavioral Nutrition and Physical Activity, Quebec City, Quebec, 2003. Available at: http://www.isbnpa.org/Meeting_2003/Saturday-%20oral%20abstracts.pdf.

Evans CD, **Savoca MR**, Wilson, ME, Ludwig, DA, Harshfield, GA Self-reported Emotional Arousal during a Video Game Challenge is related to Stress-induced Changes in Blood Pressure. 2004 Annual Meeting of the American Psychosomatic Society in Orlando, Florida, March 3-6, 2004.

Savoca MR, Mackey, L, Evans CD, Wilson, ME, Ludwig, DA, Harshfield, GA. 4-day sodium controlled diet lowers sodium excretion in adolescents prior to a competitive stress protocol. 2006 Annual Meeting of the Society of Behavioral Medicine in San Francisco, CA, March 22-25, 2006.

Savoca MR, Evans CD, Martin C, Harshfield GA, Ludwig DL, Quandt SA. Examining meal pattern timelines to understand eating practices of young adult African Americans differing in risk for essential hypertension. 2007 Annual Meeting of the Society of Behavioral Medicine in Washington, DC, March 21-24, 2007.

Savoca MR. Risk of Hypertension: Young Adult Lifestyle and Parental Influence. Invited presentation. UNGC Human Development and Family Studies Research Forum. April, 20, 2007

Claes, J., Cupito, S., **Savoca, M.**, Nwokah, E. & Charest, R. "Building community/university partnerships: Constructing My Sister's House ". Healthy Teen Network Conference, Albuquerque, N.M., October 30, 2008.

Savoca MR, Flint TA. Young African-Americans and the risk of hypertension. The 4th Annual Pediatric Healthy Weight Summit. Greenville, NC, March 29-30, 2007.

Howe P, **Savoca M**. Using Web 2.0 Tools to Enhance Critical Thinking, Research Tools and Presentation Skills in a Group Environment. 2008 Lilly Conference on College and University Teaching in Greensboro, NC, February 8-10, 2008.

Savoca M. Risk of Hypertension: Young Adult Lifestyle & Parental Influence. Nutrition Epidemiology Research and Applications Journal Club. Wake Forest University School of Medicine. Division of Public Health Sciences, Winston Salem, NC. April 11, 2008.

Morton T, Flint T, Evans C, **Savoca M**. Mothers' Lifestyles are Related to Their Children's Gender and Hypertension Risk Category. Society for Behavioral Medicine Annual Meeting, Montreal Canada, April 22-26, 2009.

Flint T, Morton T, Bradfield A, Evans C, **Savoca M**. Meal Patterns of African American Youth are Related to Systolic Blood Pressure. Society for Behavioral Medicine Annual Meeting, Montreal Canada, April 22-26, 2009. Awarded Student Excellence Award.

Quandt SA, **Savoca MR**, Chen H, Bell RA, Gilbert GH, Anderson AM, Kohrman T, Arcury TA. Food Avoidances and Modifications Reflect Oral Health in a Multi-Ethnic Population. International Association for Dental Research, Miami, April 2, 2009.

Quandt S, Arcury T, Vitolins M, Bell R, Chen H, Leng I, Anderson A, Kohrman T, **Savoca M**. Recent Results from the Rural Elderly Nutrition and Oral Health Study. Robeson County Partnership Meeting, April 23, 2008.

DeFiglia T, Nwokah E, **Savoca M**, Bowman A, Morton T, Willingham R, Whitlow R. Nutrition Literacy in Adolescent Mothers: An interdisciplinary assessment and intervention project. North Carolina Speech, Hearing, and Language Association, 55th Annual Convention, Raleigh, NC. April 22-29, 2009

Quandt S, **Savoca M**, Leng X, Chen H, Bell R, Anderson A, Kohrman T, Gilbert G, Arcury T. Oral Health, food avoidance and dietary quality in a multi-ethnic population of older adults. American Public Health Association 137th Annual Meeting, Philadelphia, November 7-11, 2009.

Nichols T, Evans C, Morton T, Flint T, **Savoca M**. "I guess it comes from being stressed out": Examining perceptions of stress and coping among African American mothers based on the hypertension risk of their adolescent child". American Public Health Association 137th Annual Meeting, Philadelphia, November 7-11, 2009.

Claes J, Charest R., **Savoca M**, Nwokah E. Cuptito S. Transcending Inter-professional Silos: Service Learning with Teen Moms. Lilly Conference on Teaching and Learning, Greensboro, NC, February 15, 2010.

Bell RA, Arcury TA, Anderson AM, Chen H, **Savoca MR**, Leng X, Gilbert GH, Quandt SA. Diabetes and oral health among rural, ethnically diverse older adults. American Diabetes Association Annual Meeting, American Diabetes Association Annual Meeting, Orlando, June 25-29, 2010.

Quandt SA, **Savoca MR**, Chen H, Leng X, Bell RA, Gilbert GH, Anderson AM, Kohrman T, Arcury TA. Xerostomia and dietary quality among older adults in North Carolina, USA. International Association of Dental Research, Barcelona, Spain, July 15-18, 2010.

Arcury TA, **Savoca MR**, Anderson AM, Bell RA, Chen H, Leng X, Kohrman T, Gilbert GH, Quandt SA. Dental health care utilization among North Carolina rural older adults. International Association of Dental Research, Barcelona, Spain, July 15-18, 2010.

Savoca MR, Arcury TA, Leng X, Bell RA, Anderson AM Kohrman T, Gilbert GH, Quandt SA. Dental Prostheses, Diet, and Food Avoidance among US Rural Elders. International Association of Dental Research, Barcelona, Spain, July 15-18, 2010.

TEACHING EXPERIENCE

Directed Study in Nutrition –Cooking Classes for Teen Moms – Atkins and Janjoint (UG) and Kenner and Scripa (PhD)	Spring 2009
Intermediate Nutrition (NTR 413)	Fall 2006 Fall 2007 Fall 2008
Nutrition Education (NTR 607)	Spring 2006 Spring 2008 Spring 2010
Current Topics in Nutrition: The Mediterranean Diet and Cooking Experience (NTR 623)	Spring 2007
Directed Study in Nutrition (NTR 601)–Joel Anderson, PhD Student	Spring 2007
Current Topics in Nutrition: Nobel Prize & Nutrition (NTR 623)	Fall 2005

Research Methods – Applied Research Lectures (2 lectures)	Fall 2004
	Fall 2005
	Spring 2007
	Spring 2008
	Spring 2009
	Spring 2010

GRADUATE RESEARCH THESES AND DISSERTATIONS

Tara Flint – Masters Committee Chair Thesis title: <i>"Differences in Meal Patterns of African American Adolescents of Varied Hypertension Risk."</i>	2006-2009
Tiffany Morton – Masters Committee Chair Thesis title: <i>"The Relationship between Mothers' Lifestyles and the Hypertension Risk and Gender Category of their Young African American Children"</i>	2007-2009
Holiday Durham- PhD Committee member	2005-2008
Carinthia Cherry – PhD Committee member	2006-present
Heather Colleran – PhD Committee member	2007-2010
Ioana Scripa – Masters Committee Member	2006-2008
LaCrystal Strong – Masters Committee Member	2009-2010
Ioana Scripa – PhD Committee Member	2009-Present
Brian McDonald – PhD Committee Member, Public Health Educ.	2010-present

OTHER ACTIVITY RELATED TO TEACHING AND ADVISING

Co-Mentor Center of Excellence for Research, Teaching, and Learning & Wake Forest School of Medicine Mini-Fellowship Research Co-mentor. Mentee: Soumyaa Thushyanthan "Developing a tool to measure meal patterns of older adults with varying oral health status"	Summer, 2010
Douglass College Alumni Mentor Program: Mentee: Heather Fagnant,. Mentor.	March, 2010

OTHER WORK EXPERIENCE

Senior Research Manager <i>R.J. Reynolds Tobacco Company, Research & Development, Winston Salem, NC</i>	1993-1996
Research Manager – Sensory Evaluation <i>R.J. Reynolds Tobacco Company, Research & Development, Winston Salem, NC</i>	1981-1992
Sensory Evaluation Manager <i>Firmenich Incorporated, Princeton, NJ</i>	1975-1981

PROFESSIONAL ACTIVITIES AND SERVICE

Ad hoc Journal and Annual Meeting Reviewer
 Ethnicity & Disease
 Journal of the American Dietetic Association
 Journal of Nutrition Education and Behavior
 Social Science & Medicine

Psychosomatic Medicine
Journal of Nutrition for the Elderly
Society for Behavioral Medicine Annual Meeting
Public Health Nutrition

Professional Membership

Society for Behavioral Medicine Abstract Reviewer for Annual Meeting
Society for Nutrition Education and Behavior
American Society for Nutrition
American Community Gardening Association

UNCG Departmental Service

Chair of Nutrition Applied Research Laboratory Committee	8/2006-present
Chair of Nutrition Scholarship Committee	8/2005-2008
Member of Nutrition Executive Committee	8/2007-2010
Member of Nutrition Search Committee	8/2006–6/2007 8/2010-5/2011
Member of Dept. of Nutrition Graduate Committee	8/2008-present
Library Liaison for Nutrition Department	8/2005-2008

UNCG School of Human Environmental Sciences Service

Member of HES Scholarship Committee	8/2005-2008
Member of HES Faculty Council	2009-present
President of HES Faculty Council	2010-present

UNCG University Service

Member of University Advising Task Force	2011-present
Member of the Faculty Senate Scholarly Communications Committee	2009-present
Member of UNCG Merit Award Interview panel	2008- 2010

COMMUNITY SERVICE

Reynolda Gardens, Wake Forest University, Winston Salem, NC. Community Gardening Education Program, March 13, 2010.

Reynolda Gardens, Wake Forest University, Winston Salem, NC. Community Gardening Round Table, November 11, 2009.

The UNCG Center for Research Excellence in Bioactive Food Components Nutrition Learning Laboratory. "Secrets of the Mediterranean Diet, June 4, 2008.

"Childhood Obesity in North Carolina" presented to Starmount Rotary Club, Greensboro, NC, April 25, 2008.

Samaritan Ministries Soup Kitchen, Winston Salem 2005-2009

Salvation Army Boys and Girls Club Council (Winston Salem) – Council Member- 2008- present

Salvation Army Boys and Girls Club (Winston Salem) – Community Garden Founder and Leader – 2008-present.