

Elizabeth A. Gollub, PhD, MPH, RD

Population Science - Pennington Biomedical Research Center
Louisiana State University System
6400 Perkins Road,
Baton Rouge, Louisiana 70808
e-mail: elizabeth.gollub@pbrc.edu

Education and Certification

2007 Certificate of Training, Adult Weight Management
2002 PhD, Florida International University, Nutrition and Dietetics,
National Policy and Resource Center on Nutrition and Aging
1986 MPH, University of North Carolina, Chapel Hill, Nutrition
1986 Registered Dietician, American Dietetic Association
1981 BA, University of California, Santa Cruz, Biology
1980 University of California's Education Abroad Program, University of Kent,
Canterbury, England

Professional Positions

2010 Research Associate/Evaluation
2008-09 Consultant Dietitian, Special Communications LLC at Tacachale.
2007 --- Freelance Nutritionist "*Nutritionist at Large*", Gainesville, FL
2005-07 Program Director, Rural Health, WellFlorida Council, Inc., Gainesville
Florida
2004-05 OPS Professional, Family Youth and Community Sciences, UF IFAS,
Gainesville, FL
2002-03 Adjunct Instructor, Health and Fitness, Palm Beach Community College,
Boca Raton, FL
1997-02 Graduate Research Assistant, Florida International University, National
Policy and Resource Center for Nutrition and Aging, Miami, FL
1996-97 Instructor, Physical Science, Life Science, and Health, JFK Middle
School, Palm Beach County, FL
1995-96 Adjunct Instructor, Nutrition, Palm Beach Community College, Boca
Raton, FL
1991-95 Nutrition Consultant, Palm Beach County, FL
1987-88 Regional Coordinator, Maryland State Nutrition Initiative, Washington
County, MD
1987 Adjunct Instructor, Nutrition, Frederick Community College, Frederick, MD
1986 Instructor, Culinary Hearts, American Heart Association, Frederick, MD
1986 Training Fellowship, National Cancer Institute, Health Promotion
Sciences Branch, Division of Cancer Prevention and Control, Bethesda,
MD
1984 Instructor, Biology, Jefferson High School, Los Angeles, CA
1983 Research Assistant, University of Illinois, Departments of Physiology, and
of Foods and Nutrition, Urbana, IL
1981-82 Research Assistant, City of Hope National Medical Center, Duarte, CA

Grants, Fellowships & other External Funding

- 2007 Shands HealthCare. Rural Diabetes Self-Management Education Program
- 2007 Blue Cross Blue Shield of Florida Community Fund. Rural Diabetes Self-Management Education Program
- 2006-07 Trenton Medical Center. Rural Diabetes Self-Management Education Program
- 2006 AvMed Health Plans. Rural Diabetes Self-Management Education Program
- 2005 The Blue Foundation for a Healthy Florida. Rural Diabetes Self-Management Education Program
- 2000-02 Principle Investigator, Cost-Effective Nutritional Well-Being in Older Adults, dissertation grant R03 HS10787-01, DHHS Agency for Healthcare Research and Quality, 2000
- 2000-01 Florence Bayuk Graduate Fellowship in Health Sciences
- 1998-99 Southeastern Association of Area Agencies on Aging Scholarship
- 1998-99 American Dietetic Association Foundation's Sudexho Marriott Services Scholarship

Honors and Awards

- 2005 22nd Annual Huddleson Award – honorable mention, important contribution to the dietetics profession
- 2002 Outstanding Student Scholar Award
- 2000 Governor's Summit on Health Care for the Uninsured, invited representative for College of Health and Urban Affairs, Florida International University.
- 1999 National Institute on Aging, NIH, Office of Research on Minority Health, Aging Research Workshop, sponsored participant.
- 1999 Sigma Phi Omega, Honorary Member
- 1999 Phi Kappa Phi, Honorary Member
- 1993 Who's Who in Rising Young American Women

Publications: Refereed and Popular

Johnson RJ, Gower T, with Gollub E. *The Sugar Fix: the High Fructose Fallout that is Making You Fat and Sick*. Rodale Inc. April 2008. Pocket Books/Simon & Schuster, Inc., April 2009.

Segal MS, Gollub E, Johnson RJ. *Is the fructose index more relevant with regard to cardiovascular disease than the glycemic index*. Eur J Nutr. 2007 Oct;46(7):406-17.

Gollub EA. Wellness Today (column) Senior Times. *Care of the Caregiver*. June 2007.

Gollub EA. Wellness Today (column) Senior Times. *Aging and Eating*. April 2007.

Gollub EA. *Nutrition for Healthy Aging*. WellFlorida Newsletter (feature article). Fall 2007.

Gollub EA. *Cardiovascular Disease and Air Pollution: Implications for Community Health*. WellFlorida Newsletter (feature article). Winter 2005.

Gollub EA. *The Dangers of Trans Fat*. WellFlorida Newsletter. Winter 2006.

Gollub EA, Simonne AH. *Decoding Food Labels: Handouts for People with Food Allergies*. University of Florida IFAS Extension document FCS8781. February 2005.

Gollub EA, Simonne AH. *Decoding Food Labels: Tools for People with Food Allergies*. University of Florida IFAS Extension document FCS8781. November 2004.

Family Nutrition in Action (Newsletter), Expanded Food and Nutrition Education Program, University of Florida Cooperative Extension:

April 2004, Vol. 8, No. 2 – *I want a Snack!*

May 2004, Vol. 8, No. 3 – *Carbohydrates*

June 2004, Vol. 8, No. 4 – *Caffeine Anyone?*

July 2004, Vol. 8, No. 5 – *Ready-to-Eat Breakfast Cereals*

August 2004, Vol. 8, No. 6 – *Fats for Food Preparation*

November 2004, Vol. 8, No. 7 – *Give Soy a Try!*

December 2004, Vol. 8, No. 8 – *Chocolate*

January 2005, Vol. 9, No. 1 – *New Year's and Weight Loss*

February 2005, Vol. 9, No. 2 – *Fast Food Possibilities*

March 2005, Vol. 9, No. 3 – *Vegetarianism can Work*

May 2005, Vol. 9, No. 4 – *Ice Cream and other Frozen Desserts*

Gollub EA, Weddle D. *Improvements in nutritional intake and quality of life among frail homebound older adults receiving home-delivered breakfast and lunch meals*. J Am Diet Assoc. 2004;104:1227-1235.

Gollub EA. *The Effect of a Breakfast Program on Nutritional Status, Quality of Life, and Healthcare Use Among Frail Homebound Older Adults* [dissertation]. Miami, FL: Florida International University; 2002.

Gollub EA, Kemper CL, Weddle DO. *Cereal for Seniors: An Evaluation*. National Policy and Resource Center on Nutrition and Aging. Submitted to Alliance for Aging, Inc.. 2000.

Gollub EA, Weddle DO. *Your Guide to Developing a Breakfast Program, Revised Manual*. General Mills Foodservice, Inc.. 1999.

Weddle DO, Gollub EA, Stacy SS, Wellman NS. *Morning Meals on Wheels Pilot Program: The Benefits to Elderly Nutrition Program Participants and Nutrition Projects Final Report*. National Policy and Resource Center on Nutrition and Aging. Submitted to US DHHS Administration on Aging. 1998.

Invited Presentations

Gollub EA. SMART: Diabetes and Hypertension Education Outreach Program. Florida Rural Health Association Annual Summit. December, 2005.

Gollub EA. *Cardiovascular Disease and Air Pollution: Implications for Community Health*. Health Forum; Community Health: Impacts of Air and Water Pollution. Panel Discussion sponsored by Women for Wise Growth. 2005.

Gollub EA. *The Effect of a Breakfast Program on Nutritional Status, Quality of Life, and Health Service Use Among Frail Homebound Older Adults*. American Dietetic Association's Food and Nutrition Conference & Exhibition. October 2002.

Gollub EA, Weddle D. *Cost-Effective Expansion of the Elderly Nutrition Program*. 17th World Congress of the International Association of Gerontology. July, 2001.

Gollub EA. *Does Malnutrition Risk Reduction Improve Quality of Life and Reduce Institutionalization Among Elderly Participants in an Expanded Home-Delivered Meal Program?* National Institute on Aging's Taking the Next Step: Technical Assistance Workshop. November 1999.

Gollub EA, Weddle D. *Expanding Community Services to Include Home-Delivered Breakfasts: Impact on At-Risk Older Adults*. American Public Health Association Annual Meeting. November 1999.

Gollub EA, Weddle D. *Expanding Community Services to Include Home-Delivered Breakfasts: Impact on At-Risk Older Adults*. (poster) Gerontological Society of America Annual Scientific Meeting. November 1999.

Professional and Community Memberships

Alachua County Team (ACT) for Healthy Kids
American Dietetic Association:

- Weight Management Practice Group
- Healthy Aging Practice Group

Gainesville District Dietetic Association

Women Build (Habitat for Humanity)