

**Courtney M. Peterson, Ph.D., M.S., M.Sc., M.A.St.**  
**Assistant Professor,**  
**University of Alabama at Birmingham**

Department of Nutrition Sciences  
1720 2<sup>nd</sup> Avenue South, Webb #644  
Birmingham, AL 35294

Email: cpeterso@uab.edu  
Phone: 205-934-0122  
Fax: 205-975-4065

---

**RESEARCH INTERESTS**

---

Time-restricted feeding, meal timing, intermittent fasting, circadian system, popular diets, food groups, controlled feeding studies, type 2 diabetes, diabetes remission/reversal, obesity, weight loss, cardiovascular disease, body composition, energy metabolism, mathematical modeling

**EDUCATION**

---

- |         |             |  |
|---------|-------------|--|
| Postdoc | 2011 – 2013 | Pennington Biomedical Research Center, <i>Baton Rouge, LA</i><br>Nutrition, Metabolism, & Physiology; Skeletal Muscle Physiology Lab <ul style="list-style-type: none"><li>• NIH T32 Obesity Postdoctoral Fellowship</li><li>• Advisor: Dr. Eric Ravussin</li></ul>  |
| Ph.D.   | 2004 – 2011 | Harvard University, <i>Cambridge, MA</i><br>Physics <ul style="list-style-type: none"><li>• NSF Graduate Research Fellowship</li><li>• National Defense Science &amp; Engineering Graduate Fellowship</li><li>• Thesis: <i>Testing Multi-Field Inflation</i></li><li>• Advisor: Dr. Max Tegmark, MIT</li></ul> |
| M.S.    | 2013 – 2015 | Tulane University, <i>New Orleans, LA</i><br>Clinical Research   |
| M.S.    | 2004 – 2007 | Harvard University, <i>Cambridge, MA</i><br>Physics  |
| M.Sc.   | 2003 – 2004 | Imperial College London, <i>London, England</i><br>Science Communication <ul style="list-style-type: none"><li>• <i>With Distinction</i> in journalism and multi-media</li><li>• Thesis: <i>Health Communication Strategies of Popular Health Writers</i></li></ul>  |
| M.A.St. | 2002 – 2003 | University of Cambridge, <i>Cambridge, England</i><br>Applied Mathematics and Theoretical Physics <ul style="list-style-type: none"><li>• <i>First-Class Honors</i></li></ul>  |
| B.S.    | 1998 – 2002 | Georgetown University, <i>Washington, DC</i><br>Majors: Physics, Biology. Minors: Mathematics, Chemistry (unofficial) <ul style="list-style-type: none"><li>• Commencement Marshall</li><li>• Class Rank: 3rd</li></ul>  |

- *Summa Cum Laude*
- *Phi Beta Kappa*
- Physics Honors Program
- Biology Honors Program: Georgetown-Hughes Scholars Program
- Graduated with 7 years of college credit
- Completed two senior theses: one in physics, one in biology

## ACADEMIC APPOINTMENTS

---

2016 – Present	Assistant Professor, Department of Nutrition Sciences University of Alabama at Birmingham (UAB), <i>Birmingham, AL</i> <ul style="list-style-type: none"> <li>• Member, UAB Diabetes Research Center</li> <li>• Associate Scientist, UAB Nutrition Obesity Research Center</li> <li>• NIH KL2 Career Development Fellowship (2016-2017)</li> </ul>
2016 – Present	Adjunct Faculty Pennington Biomedical Research Center, <i>Baton Rouge, LA</i>
Summer 2016	Visiting Scholar, Medical Chronobiology Program Harvard Medical School & Brigham and Women's Hospital, <i>Boston, MA</i>
2014 – 2016	Assistant Professor - Research, Skeletal Muscle Physiology Lab Pennington Biomedical Research Center, <i>Baton Rouge, LA</i> <ul style="list-style-type: none"> <li>• NIH KL2 Career Development Fellowship (2015-2016)</li> <li>• Louisiana Clinical and Translational Science (LA CaTS) Center Roadmap Scholars Fellowship for Young Faculty (2014-2015)</li> </ul>
2013 – 2014	Instructor, Skeletal Muscle Physiology Lab Pennington Biomedical Research Center, <i>Baton Rouge, LA</i> <ul style="list-style-type: none"> <li>• LA CaTS Roadmap Scholars Fellowship for Young Faculty (2013-2014)</li> </ul>

## FELLOWSHIPS

---

2015 – 2017	NIH KL2 Career Development Award, UAB
2013 – 2015	LA CaTS Roadmap Scholars Fellowship for Young Faculty, Pennington Biomedical Research Center
2011 – 2013	NIH T32 Obesity Postdoctoral Fellowship, Pennington Biomedical Research Center
2010	Alfred Wallace Noyes Fellowship, Department of Physics, Harvard University
2007 – 2009	National Science Foundation Graduate Research Fellowship (awarded in 2004)
2004 – 2007	National Defense Science & Engineering Graduate (NDSEG) Research Fellowship <ul style="list-style-type: none"> <li>• <i>One of only 6 graduate students nationwide to receive both an NDSEG and NSF Graduate Research Fellowship in 2004</i></li> </ul>
2002 – 2004	Marshall Scholarship: One of 40 students nationwide
2000 – 2002	Clare Booth Luce Scholarship: Top female science major at Georgetown University
2000 – 2002	Barry M. Goldwater Scholarship: Top national award for science majors

## HONORS & AWARDS

---

- 2014 The Obesity Society's Early-Career Research Grant: Awarded to the top 1% of applicants nationwide
- 2010 Nominee for Bok Award for Excellence in Teaching, Harvard University: university-wide teaching award
- 2010 Certificate of Distinction in Teaching, Harvard University
- 2007 & 2010 White Prize for Excellence in Teaching, Department of Physics, Harvard University
- 2007 Robbins Prize, Department of Physics, Harvard University: awarded for contributions to the departmental community
- 2003 American Academy of Achievement Student Delegate: One of 220 graduate students worldwide
- 2002 Commencement Marshall: One of three students from Georgetown University's College of Arts and Sciences
- 1998 *USA Today* High School Academic All-American: One of 60 high school students nationwide

## GRANT SUPPORT

---

### Current Support

R01 DK118236 Peterson (PI) 07/01/2018 - 05/31/2023  
*Effect of Time-Restricted Feeding on 24-Hour Glycemic Control, Blood Pressure, and Cardiovascular Disease Risk Factors in Adults with Prediabetes*

This randomized controlled feeding trial will test whether early and mid-day forms of a type of intermittent fasting called time-restricted feeding improve 24-hour glucose levels, insulin sensitivity, insulin secretion, 24-hour blood pressure levels, and cardiovascular risk factors in prediabetic adults when food intake is matched to the control group.

Role: PI

P30 DK079626 Peterson (PI) Dates TBD (*awaiting NOGA*)  
*Effect of Whole Fruit on Glycemic Control in Adults with Type 2 Diabetes (Pilot & Feasibility [P&F] Study)*

This clinical trial will test whether whole fruit (as a food group) can improve glycemic control in patients with type 2 diabetes. This will be the first clinical trial to test the effects of increasing fruit consumption as a food group (rather than combined fruit and vegetable consumption) on any health endpoint in humans.

Role: PI on the P&F Study

P30 DK056336 Peterson (PI) 06/01/2018 - 05/31/2019  
*Effect of Time-Restricted Feeding on Fat Loss and Cardiometabolic Risk Factors in Overweight Adults (P&F Study)*

This clinical trial is testing whether a form of intermittent fasting called time-restricted feeding can enhance weight loss and the percent of weight lost as fat and can improve cardiometabolic disease risk factors in overweight adults who are dieting. It is also testing the acceptability and feasibility of time-restricted feeding.

Role: PI on the P&F Study

UL1 TR001419 Peterson (PI) 04/01/2018 - 03/31/2019

*Effect of Time-Restricted Feeding on Fat Loss and Cardiometabolic Risk Factors in Overweight Adults (P&F Study)*

This grant is co-supporting the aforementioned clinical trial of the same name.

Role: PI on the P&F Study

Completed Support

KL2 TR001419    Peterson (PI)    11/01/2015 - 10/31/2017

*Impact of Time-Restricted Feeding on Energy Balance and Circadian Control of Metabolism*

This KL2 award both supported career development training in circadian biology and provided research support. The goal of the research portion of the grant was to test the effects of early time-restricted feeding on metabolic hormones involved in energy balance and fasting and on circadian clock genes.

Role: PI

R01 DK092575    Ravussin (PI)    07/01/2012 - 04/30/2017

*Role of Resistant Starch on Diabetes Risk Factors in Prediabetic People (STARCH Study)*

This randomized controlled study investigated the effect of three months of dietary supplementation with 45 g/day of resistant starch on insulin sensitivity and insulin secretion in people with prediabetes. Secondary outcomes measured include metabolic rate, body composition, ectopic fat, markers of inflammation, and fecal microbiota.

Role: Co-I

The Obesity Society Early-Career Research Grant      Peterson (PI)      08/01/2014 - 07/31/2016

*Does Meal Timing Affect Energy Expenditure?*

This randomized crossover study tested whether early time-restricted feeding increases energy expenditure, reduces appetite, alters substrate oxidation, and lowers 24-hour glucose levels.

Role: PI

U54 GM104940    Peterson (PI)    04/01/2013 - 03/31/2016

*Time-Restricted Feeding to Increase Insulin Sensitivity and Improve Vascular Function in Obese Humans (P&F Study)*

This first-in-humans randomized controlled feeding trial investigated the effects of early time-restricted feeding versus typical eating patterns on glucose tolerance, cardiovascular disease risk factors, and markers of inflammation in overweight men with prediabetes.

Role: PI on the P&F study

P30 DK072476    Peterson (PI)    06/01/2014 - 07/31/2015

*Validation of Video Monitoring to Assess Compliance in Clinical Interventions (P&F Study)*

The goal of this study was to test the validity and feasibility of using real-time video chat technology as a novel method to assess compliance to clinical dietary and pharmaceutical interventions.

Role: PI on the P&F study

P30 DK072476    Ravussin (PI)    06/01/2011 - 05/01/2013

*Effect of Hypoxia on Insulin Sensitivity and Inflammation in Humans (P&F Study)*

This study investigated the effects of 10 nights of low-oxygen (hypoxia) treatment on insulin sensitivity in obese men with insulin resistance.

Role: Co-I on the P&F study

**PUBLICATIONS**

---

1. **Peterson CM**, Beyl RA, Marlatt KL, Martin CK, Aryana KJ, Marco ML, Martin RJ, Keenan MJ, Ravussin E. (2018). Effect of 12 wk of resistant starch supplementation on cardiometabolic risk factors in adults with prediabetes: a randomized controlled trial. *Am J Clin Nutr*. Published online Jul 2018. doi: 10.1093/ajcn/nqy121. PMID: 30010698.
2. Heymsfield SB, **Peterson CM**, Bourgeois B, Thomas DM, Gallager D, Strauss B, Müller MJ, Bosy-Westphal A. (2018). Human Energy Expenditure: Advances in Organ-Tissue Prediction Models. *Obes Rev*. 19(9): 1177-1188. PMID: PMC6107421.
3. Sutton EF, Beyl R, Early KS, Cefalu WT, Ravussin E, **Peterson CM**. (2018). Early time-restricted feeding improves insulin sensitivity, blood pressure, and oxidative stress even without weight loss: a proof-of-concept trial. *Cell Metabol*. 27(6): 1212-1221. PMID: PMC5990470.
4. Marlatt KL, White UA, Beyl RA, **Peterson CM**, Martin CK, Marco ML, Keenan MJ, Martin RJ, Aryana KJ, Ravussin E. (2018). Role of resistant starch on diabetes risk factors in people with prediabetes: Design, conduct, and baseline results of the STARCH trial. *Contemp Clin Trials*. 65: 99-108. PMID: PMC5857355.
5. Poggiogalle E, Jamshed H, **Peterson CM**. (2018). Circadian regulation of glucose, lipid, and energy metabolism in humans. *Metabolism*. pii: S0026-0495(17)30329-3. PMID: PMC5995632.
6. **Peterson CM**, Thomas DM, Heymsfield SB. (2017). Letter in reply to: The use of tri-ponderal mass index and other indices in estimating visceral body fat percentages in adolescents. *JAMA Pediatr*. 171(12): 1228. PMID: PMC5968816.
7. Heymsfield SB, **Peterson CM**, Thomas DM, Hirezi M, Zhang B, Smith S, Bray G, Redman L. (2017). Establishing energy requirements for body weight maintenance: validation of an intake-balance method. *BMC Res Notes*. 10(1): 220. PMID: PMC5485536.
8. **Peterson CM**, Su H, Thomas DM, Heo M, Golnabi A, Pietrobelli A, Heymsfield SB. (2017). Tri-ponderal mass index vs. body mass index in estimating body fat during adolescence. *JAMA Pediatr*. 171(7): 629-636. PMID: PMC5710345.
9. **Peterson CM**, Zhang B, Johannsen DL, Ravussin E. (2017). Eight weeks of overfeeding alters substrate partitioning without affecting metabolic flexibility in men. *Int J Obes*. 41(6): 887-893. PMID: PMC5461218.
10. **Peterson CM**, Orooji M, Johnson D, Naraghi-Pour M, Ravussin E. (2017). Brown adipose tissue does not seem to mediate metabolic adaptation to overfeeding in men. *Obesity*. 25(3): 502-505. PMID: PMC5323278.
11. Thomas DM, Patyner J, **Peterson CM**, Heymsfield SB, Nduati A, Apolzan JW, Martin CK. (2017). A new dynamic universal model to describe eating rate and cumulative intake curves. *Am J Clin Nutr*. 105(2): 323-331. PMID: PMC5267295.
12. Hsieh Y-H, **Peterson CM**, Raggio A, Keenan M, Martin RJ, Ravussin E, Marco ML. (2016). Impact of different fecal processing methods on assessments of bacterial diversity in the human intestine. *Frontiers in Microbiology*. 7: 1643. PMID: PMC5071325.

13. **Peterson CM**, Apolzan JW, Wright C, Martin CK. (2016). Video chat technology to remotely quantify dietary, supplement, and medication adherence in clinical trials. *Br J Nutr.* 116(9): 1646-55. PMID: PMC5282970.
14. Sonomtseren S, Yanjmaa S, Ochir C, Johannsen DL, **Peterson CM**, Vandanmagsar B. (2016). Lifestyle intervention improves glycemic control in overweight and obese Mongolian adults with newly diagnosed type 2 diabetes. *Obes Sci Prac.* 2(3): 303-308. PMID: PMC5043476.
15. **Peterson CM**, Thomas DM, Blackburn GL, Heymsfield SB. (2016). A single universal equation for estimating ideal body weight and body weight at key BMI levels. *Am J Clin Nutr.* 103(5): 1197-203. PMID: PMC4841935.
16. Heymsfield SB, **Peterson CM**, Thomas DM, Heo M, Schuna JM. (2016). Why are there race/ethnic differences in body mass index-adiposity relationships? *Obes Rev.* 17(3): 262-75. PMID: PMC4968570.
17. **Peterson CM**, Lecoultre V, Frost EA, Simmons J, Redman LR, Ravussin E. (2016). The thermogenic responses to overfeeding and cold are differentially regulated. *Obesity.* 24(1): 96-101. PMID: PMC4688067.
18. Ravussin E, **Peterson CM**. (2015). Physical activity and the missing calories. *Exerc Sport Sci Rev.* 43(3): 107-108. PMID: PMC4470776.
19. Schuna JM Jr, **Peterson CM**, Thomas DM, Heo M, Hong S, Choi W, Heymsfield SB. (2014). Scaling of adult regional body mass and body composition as a whole to height: relevance to body shape and body mass index. *Am J Hum Biol.* 27(3): 372-9. PMID: PMC4638414.
20. Heymsfield SB, **Peterson CM**, Thomas D, Schuna J, Heo M, Hong S, Choi W. (2014). Scaling of adult body weight to height across sex and race/ethnic groups: relevance to body mass index. *Am J Clin Nutr.* 100(6): 1455-61. PMID: PMC4232013.
21. Sonnier T, Rood J, Gimble JM, **Peterson CM**. (2014). Glycemic control is impaired in the evening in prediabetes through multiple diurnal rhythms. *J Diabetes Complications.* 28(6): 836-43. PMID: 24835190.
22. **Peterson CM**, Lecoultre V, Schwarz JM, Ravussin E. (2014). Response to comment on Lecoultre et al. Ten nights of moderate hypoxia improves insulin sensitivity in obese humans. *Diabetes Care.* 37(6): e157-8. PMID: PMC4179519.
23. Zheng H, Tegmark M, Buza V, Dillon JS, Gharibyan H, Hickish J, Kunz E, Liu A, Losh J, Lutomirski A, Morrison S, Narayanan S, Perko A, Rosner D, Sanchez N, Schutz K, Tribiano SM, Valdez M, Yang H-I, Zarb Adami K, Zelko I, Zheng K, Armstrong R, Bradley RF, Dexter MR, Ewall-Wice A, Magro A, Matejek M, Morgan E, Neben AR, Pan Q, Penna RF, **Peterson CM**, Su M, Villasenor J, Williams CL, Yang HI. (2014). MITEoR: a scalable interferometer for precision 21 cm cosmology. *MNRAS.* 445 (2): 1084-1103. <http://arxiv.org/abs/1405.5527>.
24. Lecoultre V, **Peterson CM (co-first author)**, Covington JD, Ebenezer PJ, Frost EA, Schwarz JM, Ravussin E. (2013). Ten nights of exposure to moderate hypoxia improves insulin sensitivity in obese humans. *Diabetes Care.* 36(12): e197-8. PMID: PMC3836149.
25. Thomas DM, Bredlau C, Bosy-Westphal A, Mueller M, Shen W, Gallagher D, Maeda Y, McDougall A, **Peterson CM**, Ravussin E, Heymsfield SB. (2013). Relationships between body roundness with body fat and visceral adipose tissue emerging from a new geometrical model. *Obesity.* 21(11): 2264-71. PMID: PMC3692604.

26. Lam YY, **Peterson CM**, Ravussin E. (2013). Resveratrol vs. calorie restriction: data from rodents to humans. *Exp Gerontol.* 48(10): 1018-24. PMID: 23624181.
27. **Peterson CM**, Tegmark M. (2013). Testing multi-field inflation: a geometric approach. *Phys Rev D.* 87: 103507. <http://arxiv.org/abs/1111.0927>.
28. Heymsfield SB, Thomas D, Bosy-Westphal A, Shen W, **Peterson CM**, Müller MJ. (2012). Evolving concepts on adjusting human resting energy expenditure measurements for body size. *Obes Rev.* 13(11): 1001-14. PMID: PMC3477241.
29. **Peterson CM**, Johannsen DL, Ravussin E. (2012). Skeletal muscle mitochondria and aging: A review. *J Aging Res.* 2012: 194821. PMID: PMC3408651.
30. **Peterson CM**, Tegmark M. (2011). Non-Gaussianity in two-field inflation. *Phys Rev D.* 84: 023520. <http://arxiv.org/abs/1011.6675>.
31. **Peterson CM**, Tegmark M. (2011). Testing two-field inflation. *Phys Rev D.* 83: 023522. <http://arxiv.org/abs/1005.4056>.
32. Le Stunff H, Galve-Roperh I, **Peterson C**, Milstien S, Spiegel S. (2002). Sphingosine-1-phosphate phosphohydrolase in regulation of sphingolipid metabolism and apoptosis. *J Cell Biol.* 158(6): 1039-49. PMID: PMC2173216.
33. Le Stunff H, **Peterson C**, Liu H, Milstien S, & Spiegel S. (2002). Sphingosine-1-phosphate and lipid phosphohydrolases. *Biochim Biophys Acta.* 1582(1-3): 8-17. PMID: 12069805.
34. Le Stunff H, **Peterson C**, Thornton R, Milstien S, Mandala S, Spiegel S. (2002). Characterization of murine sphingosine-1-phosphate phosphohydrolase. *J Biol Chem.* 277(11): 8920-7. PMID: 11756451.
35. Samus NN, **Peterson C**, Holmes S, & Singer K. (2001). Lost variables in *Sagittarius* and *Cygnus* recovered on Nantucket plates. *JAAVSO.* 29(2): 112-7.
36. Mandala SM, Thornton R, Galve-Roperh I, Poulton S, **Peterson C**, Olivera A, Bergstrom J, Kurtz MB, Spiegel S. (2000). Molecular cloning and characterization of a lipid phosphohydrolase that degrades sphingosine-1-phosphate and induces cell death. *Proc Natl Acad Sci U.S.A.* 97(14): 7859-64. PMID: PMC16635.

*Under Review or About to be Submitted (<1 month)*

37. Murillo AL, Affuso O, **Peterson CM**, Li P, Weiner HW, Tekwe CD, DB Allison. (2018). Measurement error correction methods to improve parameter estimation in nutrition and obesity research: relating 2D composition data to type 2 diabetes and physical activity status. Submitted to *Obesity*.
38. Ravussin E, Beyl RA, Poggiogalle E, Hsia DS, **Peterson CM**. (2018). Early time-restricted feeding does not affect energy expenditure but suppresses appetite and increases fat oxidation in humans. Submitted to *Obesity*.
39. Murillo AL, Kaiser KA, Smith DL Jr., **Peterson CM**, Affuso O, Tiwari HK, Allison DB. (2018). Exploring the utility of surgical manipulation of adipose tissue in small mammals as a means to study the regulation of energetics and body fat: a systematic scoping review. In preparation for submission to *Obes Rev*.

40. Davis B, Jamshed HJ, **Peterson CM**, Sabaté J, Harris R, Koratkar R, Spence J, Kelly JH Jr. (2018). Design and methods of a lifestyle intervention trial to treat type 2 diabetes in the Republic of the Marshall Islands. In preparation for submission.

## INVITED TALKS

---

1. Peterson, CM. "Intermittent fasting and the circadian clock: does when you eat affect your health?" Invited seminar. Pharmacological and Physiological Science Seminar, St. Louis University. St. Louis, MO. Forthcoming: December 4, 2018.
2. Peterson, CM. "Intermittent fasting and the circadian clock: does when you eat affect your health?" Invited seminar. SOCCI Prevention and Genetics Seminar, Cedars-Sinai Medical Center. Los Angeles, CA. Forthcoming: October 11, 2018.
3. Peterson, CM. "Circadian rhythms and meal timing: does when you eat matter?" Invited talk. Florida Food and Nutrition Symposium, the annual meeting of the Florida Academy of Nutrition and Dietetics. Orlando, FL. July 15, 2018.
4. Peterson, CM. "Circadian rhythms and obesity." Invited talk. Nutrition 2018, the annual meeting of the American Society for Nutrition. Boston, MA. June 11, 2018.
5. Peterson, CM. "Intermittent fasting and the circadian clock: does when you eat affect your health?" Invited plenary talk. Nutrition & Health Conference, sponsored by the University of Arizona Center for Integrative Medicine. Boston, MA. April 30, 2018.
6. Peterson, CM. "Intermittent fasting and the circadian clock: does when you eat affect your health?" Invited seminar. Welch Center for Prevention, Epidemiology, and Clinical Research, Johns Hopkins University. Baltimore, MD. April 25, 2018.
7. Peterson, CM. "The effectiveness of intermittent fasting." Invited plenary talk. CME Course entitled "Obesity: Etiology, Prevention, and Treatment," Institute of Human Nutrition, Columbia University. Columbia, NY. April 19, 2018.
8. Peterson, CM. "Scaling laws and obesity: overview of the field." Invited talk. Short Course on Mathematical Sciences in Obesity Research. Birmingham, AL. June 29, 2017.
9. Peterson, CM. "Circadian rhythms, meal timing, and intermittent fasting." Invited talk. Black Hills Health and Education Center Conference. Hermosa, SD. June 27, 2017.
10. Peterson, CM. "How meal timing affects metabolism." Invited seminar. Pack Health. Birmingham, AL. May 5, 2017.
11. Peterson, CM. "Time-restricted feeding: a novel intervention that combines intermittent fasting and the circadian clock." Invited seminar. Longwood Nutrition Seminar, Harvard Medical School. Boston, MA. March 7, 2017.
12. Peterson, CM. "Scaling laws and obesity: overview of the field." Invited talk. Short Course on Mathematical Sciences in Obesity Research. Birmingham, AL. June 16, 2016.
13. Peterson, CM. "Role of circadian rhythms in weight management." Invited plenary talk. Diabetes, Obesity, and Cardiovascular Network of Dietitians of Canada. Online. May 18, 2016.



14. Peterson, CM. "Time out: the role of circadian rhythms in weight management." Invited plenary talk. Weight Management Dietetic Practice Group Symposium. Baltimore, MD. April 15, 2016.
15. Peterson, CM. "Time-restricted feeding: a novel intervention that combines intermittent fasting and the circadian clock." Invited seminar. Department of Integrative Physiology, University of Colorado at Boulder. Boulder, CO. March 17, 2015.

## **SELECTED MEDIA INTERVIEWS & APPEARANCES**

---

- NBC Nightly News (2018)
- *The New York Times* (2018, 2017)
- *The Washington Post* (2018)
- *The Wall Street Journal* (2018)
- *Business Insider* (2018)
- *Scientific American*, Arabic Edition (2018)
- *The Daily Mail* (2018, 2017)
- *New Scientist* (2018)
- *Men's Health* (2018)
- *Men's Journal* (2018)
- *Self Magazine* (2018)
- RadioMD's HER Podcast (2018)
- *W Radio*, Colombia (2018)
- *Cooking Light Magazine* (2018)
- National Center for Advancing Translational Science's website (2018)
- *Knowable Magazine* (2018)
- *Health.com* (2018, 2017)
- *Cosmopolitan* (2017)
- CNN (2017)
- *Time* (2017)
- Today.com (2017)
- *Newsmax* (2017)
- *Weight Watchers Magazine* (2017)
- *Prevention Magazine* (2017)
- Yahoo.com (2017)
- *LiveScience* (2018)
- *U.S. News* (2017)
- *Women's Health Magazine* (2017)
- *Muscle & Fitness Hers* (2017)
- *Mother Nature Network* (2017)
- *Huffington Post* (2017)
- *ABC 33/40* (2017)
- *Health and Wellbeing Show*, Australian Broadcasting Corporation (2017)
- *24Life Magazine* (2017)
- Fitbit website (2017)
- *SUPERINTERESSANTE Magazine*, Brazil (2017)
- Ivanhoe Broadcast News (2016)
- *The Lifting Revolution Podcast* (2016)
- WBRZ Radio (2015)

## PROFESSIONAL AFFILIATIONS

---

- Member: American Diabetes Association
- Member: The Obesity Society

## NATIONAL SERVICE

---

- 2005 – Present      Board of Directors, Journal of Young Investigators (JYI)  
*JYI is an international, nonprofit, 501(c)(3) private operating foundation that runs a research journal and mentoring programs in peer-review and science journalism for undergraduates. [www.jyi.org](http://www.jyi.org)*
- Chair of the Finance Committee (2007 – present; approx 60-80 hours/year)
    - File annual federal tax returns (Form 990-PF) and state tax returns
    - Perform accounting, including tracking every foundation expenditure
    - Calculate investment income and annual returns on investments in the endowment (Form 1099)
    - Oversee the foundation's endowment and work with a professional financial planner to make investment decisions
    - Evaluate programmatic expenditures and priorities
    - Help draft budgets and solicit board input
    - Create financial reports
    - Issue reimbursements to all staff
    - Maintain financial documentation and a pristine audit trail
    - Be conversant with nonprofit and foundation tax law
    - Represent the organization in liaising with IRS and other legal entities
  - Chair of the Board (2005 – 2013; approx 60-100 hours/year)
    - Oversee daily operations
    - Maintain corporate, legal, and regulatory documents
    - Ensure the foundation's mission and vision are preserved through strategic planning and decision-making
    - Lead board meetings
    - Evaluate foundation progress through assessment of programmatic metrics
    - Provide feedback on new programmatic initiatives
    - Oversee hiring, firing, and performance evaluation of key officers
- 2013 – Present      Ad-hoc journal reviewer for:
- *Nature*
  - *JAMA Pediatrics*
  - *Obesity* (more than a dozen times)
  - *Diabetologia*
  - *PLOS One*
  - *International Journal of Obesity*
  - *Nutrition*
  - *Molecular Nutrition & Food Research*
  - *Molecular & Cellular Endocrinology*

- 2018 – Present Grant reviewer for:
- Diabetes UK (2018)
  - University of Arizona Cancer Center (2018)

## **UNIVERSITY SERVICE**

---

### UAB Service

- 2018 – Present School of Health Profession's Dean Search Committee Member
- 2018 – Present General Fellowships Committee Member
- 2018 – Present Department of Nutrition Sciences Journal Club Co-Organizer
- 2017 Department of Nutrition Sciences Faculty Search Committee Member

### Harvard University Service

- 2005 – 2010 Harvard Graduate Women in Science & Engineering (HGWISE)
- Treasurer (2008)
  - Secretary (2007)
  - Physics Department Representative (2005-2010)
- 2006 – 2010 Fellowships Advisor and Resident Tutor, Lowell House, Harvard College
- Edited student essays and résumés, conducted mock interviews, reviewed student applications, advised on fellowship selection and strategy, and wrote university letters to nominate students for national fellowships

## **TEACHING**

---

### Continuing Medical Education (CME) Courses

1. Peterson, CM. "Circadian rhythms and obesity." Invited talk. Nutrition 2018, the annual meeting of the American Society for Nutrition. Boston, MA. June 11, 2018.
2. Peterson, CM. "The effectiveness of intermittent fasting." Invited plenary talk. CME Course entitled "Obesity: Etiology, Prevention, and Treatment," Institute of Human Nutrition, Columbia University. Columbia, NY. April 19, 2018.

### Guest Lectures

1. Peterson, CM. "Intermittent fasting and circadian rhythms: does when you eat affect your health?" Invited lecture for Nutrition as Medicine (HC 120D) at UAB. September 24, 2018.
2. Peterson, CM. "Meal timing and time-restricted feeding: does when you eat affect your health?" Invited lecture for Circadian Clocks Journal Club at UAB. April 10, 2018.

Teaching Assistantships & Fellowships

- Fall 2009 Teaching Fellow, *Introductory Mechanics and Relativity*, Harvard University
- Taught weekly recitation sections, held office hours, and graded assignments and exams
  - Received White Prize for Excellence in Teaching (2010)
  - Nominated by the Physics Department for university-wide teaching award (2010)
  - Received Certificate of Distinction in Teaching (2010)
- Fall 2007 Teaching Fellow, *Introductory Mechanics and Relativity*, Harvard University
- Taught weekly recitation sections, held office hours, and graded assignments and exams
  - Received White Prize for Excellence in Teaching (2007)
- Spring 2002 Teaching Assistant, *Principles of Physics II*, Georgetown University
- Held office hours and graded assignments and exams
- Spring 2001 Teaching Assistant, *Principles of Physics II*, Georgetown University
- Held office hours and graded assignments and exams
- Summer 2001 Teaching Assistant, *Principles of Physics I*, Georgetown University
- Held office hours and graded assignments and exams
- Fall 2001 Teaching Assistant, *Principles of Physics I*, Georgetown University
- Held office hours and graded assignments and exams
- Fall 2001 Teaching Assistant, *Modern Astronomy*, Georgetown University
- Held office hours and graded assignments and exams
- Spring 2001 Teaching Assistant, *Modern Astronomy*, Georgetown University
- Held office hours and graded assignments and exams
- Fall 2000 Teaching Assistant, *Modern Astronomy*, Georgetown University
- Held office hours and graded assignments and exams
- Fall 2000 Teaching Assistant, *Mechanics*, Georgetown University
- Held office hours and graded assignments and exams
- Spring 2000 Teaching Assistant, *Fluids, Vibrations, and Waves*, Georgetown University
- Held office hours and graded assignments and exams
- Fall 1999 Teaching Assistant, *Mechanics*, Georgetown University
- Held office hours and graded assignments and exams

Tutoring

- Fall 2005 Tutored an undergraduate in *General Relativity*, Harvard University
- Summer 2002 Science lessons for an 8-year old child prodigy, who was learning calculus

## MENTORING

---

*71% of mentees are women, and 29% are from under-represented minority groups*

### University of Alabama at Birmingham

04/2016 – present

- 3 postdoctoral fellows
  - Primary mentor for Humaira Jamshed (2016 – present)
    - Published a manuscript, with 2 manuscripts in progress
  - Secondary mentor for Bill Turbitt (2017 – present)
  - Secondary mentor for Anarino Murillo (2016 – 2017)
    - Submitted 2 manuscripts for publication
- 2 graduate students
  - Primary mentor for Cody Hanick (2018 – present)
  - Tertiary mentor for Valene Garr (2017 – present)
- 4 undergraduates
  - Primary mentor for Tulsi Patel (2017 – present)
  - Primary mentor for Sarah Bouslog (2017 – 2018)
    - Manuscript in progress
  - Primary mentor for Amber Wade (Summer 2017, Summer 2018)
  - Primary mentor for Rohit Koratkar (2017)
    - Manuscript in progress

### Pennington Biomedical Research Center

12/2012 – 03/2016

- 2 medical students
  - Primary mentor for Bo Zhang, Louisiana State University School of Medicine (2015)
    - Published a manuscript
  - Primary mentor for Deanna Johnson, Louisiana State University School of Medicine (Summer 2015)
    - Published a manuscript
- 6 undergraduate students
  - Primary mentor for Michelle Xie, Harvard University (Fall 2015 – Spring 2016)
    - Completed Senior Honors Thesis (Spring 2016)
    - Manuscript in progress
  - Co-primary mentor for Kateryna Mykhaylova, Montclair State University (2015 – 2017)
    - Manuscript in progress
  - Primary mentor for Michael Hirezi, Louisiana State University (2014 – 2015)
    - Published a manuscript
  - Primary mentor for Courtney Wright, Louisiana State University (Summer 2014)
    - Published a manuscript
  - Primary mentor for Lauren Burns, Louisiana State University (Spring 2014)
  - Primary mentor for Noel Park, Brown University (Winter 2012)