

Pamela Koch EdD, RD

Research Associate Professor and Executive Director
Laurie M. Tisch Center for Food, Education & Policy
Program in Nutrition, Department of Health and Behavior Studies
Teachers College, Columbia University

Education

<i>Institution</i>	<i>Degree</i>	<i>Completion</i>	<i>Field of Study</i>
Cook College, Rutgers University, New Jersey	BS	05/1988	Home Economics
Graduate School, Rutgers University, New Jersey	MS	10/1992	Applied Nutrition
Teachers College, Columbia University, New York	RD	07/1993	Dietetics
Teachers College, Columbia University, New York	MEd	05/1997	Community Nutrition
Teachers College, Columbia University, New York	EdD	05/2000	Nutrition Education

Overview

As the Executive Director of the Laurie M. Tisch Center for Food, Education & Policy, I oversee all of the Center's work. The Tisch Food Center, housed in the Program in Nutrition, cultivates research about connections between a just, sustainable food system and healthy eating, and translates it into recommendations and resources for educators, policy makers, and community advocates. The Center focuses on schools as critical levers for learning and social change.

Additionally, as a Research Associate Professor, I teach two courses, *Nutritional Ecology* which is a fall course, and *Community Nutrition*, which is a spring course, and work with master and doctoral students.

Peer Reviewed Articles and Chapters (since 2015) [* students I supervised]

Sutter C, Metcalfe JJ, Tucker L, Lohmann DK, **Koch PA**, Allegrante JP, Deorbo-Quinn A. Defining Food Education Standards through Consensus: The Pilot Light Food Education Summit. *Journal of School Health* (in press)

Luesse, HB*, **Koch PA**, Contento IR Applying the Nutrition Education DESIGN Procedure to the Development of the *In Defense of Food* Curriculum. *Health Education Journal*. 2019
doi.org/10.1177/0017896919850597

Koch PA, Contento IR, Gray HL, Burgermaster M*, Bandelli L*, Abrams E*, Di Noia J. Food, Health, & Choices: Curriculum and Wellness Interventions to Decrease Childhood Obesity in Fifth-Graders. *Journal of Nutrition Education and Behavior*. 51:440–455, 2019. doi.org/10.1016/j.jneb.2018.12.001

Lumsden C*, Wolf R, Contento I Basch C, Zybert P, **Koch P**, & Edelstein B. Feasibility, Acceptability, and Short-term Behavioral Impact of the MySmileBuddy Intervention for Early Childhood Caries. *Journal of Health Care for the Poor and Underserved*, 30 :59-69, 2019. doi:10.1353/hpu.2019.0007

Graziose MM*, **Koch PA**, Wolf R, Gray HL, Trent R, Contento IR. Cafeteria noise exposure and fruit and vegetable consumption at school lunch: A cross-sectional study of elementary students. *Appetite*. 136:130-136, 2019. doi.org/10.1016/j.appet.2019.01.026

- Dunn CG, Burgermaster M, Adams A, **Koch P**, Adintori PA, Stage VC. A Systematic Review and Content Analysis of Classroom Teacher Professional Development in Nutrition Education Programs. *Advances in Nutrition*. March 2019 1;10(2):351-359. doi: 10.1093/advances/nmy075.
- Luesse HB*, Luesse JE, Lawson J, **Koch PA**, & Contento IR. In Defense of Food Curriculum: A Mixed Methods Outcome Evaluation in Afterschool. *Health Education & Behavior*. 2019
<https://doi.org/10.1177/1090198119831750>
- Ang IYH*, Wolf RL, **Koch PA**, Gray HL, Trent R, Tipton E, Contento IR. School Lunch Environmental Factors Impacting Fruit and Vegetable Consumption. *Journal of Nutrition Education and Behavior*. 51:68-79. 2019. doi: 10.1016/j.jneb.2018.08.012. [open access]
- Shi Z., Richardson JM, Aycinena AC, Gray HL, Paul R., **Koch, P.**, Contento, I., Gaffney, A.O., & Greenlee, H. Psychosocial mediators of dietary change among Hispanic/Latina breast cancer survivors in a culturally-tailored dietary intervention. *Psycho Oncology*, 27(9): 2220-2228, 2018
- Álvarez-Sánchez C*, Contento I, Jiménez-Aguilar A, **Koch P**, Gray HL, Guerra LA, Rivera-Dommarco J, Uribe-Carvajal R, Shamah-Levy T. Does the Mexican sugar-sweetened beverage tax have a signaling effect? ENSANUT 2016. *PLOSOne*. Available online 22 August 2018.
doi.org/10.1371/journal.pone.0199337 [open access]
- Graziose MM*, Wolf RL, **Koch P**, Gray HL, Contento IR. Validation of a Questionnaire to Measure Fruits and Vegetables Selected and Consumed at School Lunch among Second- and Third-Grade Students. *Journal of the Academy of Nutrition and Dietetics*. 118:1700-1710.2018. e2. doi: 10.1016/j.jand.2018.02.023
- Luesse HB*, Paul R, Gray HL, **Koch P**, Contento I, Marsink V. Challenges and Facilitators to Promoting a Healthy Food Environment and Communicating Effectively with Parents to Improve Food Behaviors of School Children. *Maternal and Child Health Journal* (2018). [online]
doi.org/10.1007/s10995-018-2472-7
- Burgermaster M*, Contento I, **Koch P**, Mamkina L. Behavior change is not one size fits all: psychosocial phenotypes of childhood obesity prevention intervention participants. *Translational Behavioral Medicine*. January 2018. [online] doi: 10.1093/tbm/ibx029
- Porter K*, **Koch P**, Contento I. Why and How Schools Make Nutrition Education Programs “Work”. *Journal of School Health*. 88: 23-33, 2017.
- Burgermaster M*, Koroly J, Contento I, **Koch P**, Gray HL. A mixed-methods comparison of classroom context during Food, Health & Choices, a childhood obesity prevention intervention. *Journal of School Health*. 87: 811-822, 2017.
- Burt, KG*, **Koch P**, Contento I. Implementing and Sustaining School Gardens by Integrating the Curriculum *Health Behavior and Policy* 4(5):427-435, 2017.
- Burt KG*, **Koch P**, Contento I. Development of the GREEN (Garden Resources Education, and Environment Nexus) Tool: An Evidence-Based Model for School Garden Integration. *Journal of the Academy of Nutrition and Dietetics*, 117(10):1517-1527, 2017 doi: 10.1016/j.jand.2017.02.008
- Aycinena AC*, Gaffney AG, **Koch P**, Contento IR, Karmally W, & Greenlee H. ¡Cocinar Para Su Salud!: Development of a culturally-based nutrition education curriculum for Hispanic breast cancer survivors using a theory-driven procedural model. *Health Education and Behavior* 44(1), 13–22, 2017.
- Burgermaster M*, Gray HL, Tipton E, Contento I, & **Koch P**. Testing an integrated model of program implementation: the Food, Health & Choices school-based childhood obesity prevention process evaluation. *Preventive Science*, 18:71–82, 2017.

- Bandelli LN*, Gray HL, Paul R*, Contento IR, & **Koch PA**. Associations among measures of energy balance related behaviors and psychosocial determinants in urban upper elementary school children, *Appetite*, 108(1), 171-182, 2017.
- Koch, PA**. Food, Learning, and Sustainability in the School Curriculum (Chapter 4). In Sumner, J. (Ed.) *Food, Learning and Sustainability: Sites for Resistance and Change*, Palgrave MacMillan, 2016. ISBN 978-1-137-53904-5
- Graziose MM*, **Koch PA**, Wang YC, Gray HL, & Contento I. Cost-effectiveness of a nutrition education curriculum intervention in elementary schools, *Journal of Nutrition Education and Behavior*, 49:684-691, 2017 doi: 10.1016/j.jneb.2016.10.006
- Graziose MM*, Gray HL, Quinn J, Rundle AG, Contento IR, **Koch PA**. Association Between the Built Environment in School Neighborhoods with Physical Activity Among New York City Children. *Preventing Chronic Disease*; 13:150581, 2016 DOI: <http://dx.doi.org/10.5888/pcd13.150581>
- Gray HL, Contento IR, **Koch PA**, Di Noia J. Mediating mechanisms of theory-based psychosocial determinants on behavioral changes in a middle school obesity risk reduction curriculum intervention, Choice, Control, and Change. *Childhood Obesity*, 2016 May 4, doi: 10.1089/chi.2016.0003
- Custodio-Lumsden CL*, Wolf RL, Contento IR, Basch CE, PhD, Zybert OA, **Koch PA**, Edelstein, BL. Validation of an early childhood caries risk assessment tool in a low-income Hispanic population. *Public Health Dentistry*. Mar; 76(2): 136–142, 2016. doi: 10.1111/jphd.12122
- Gray HL, **Koch PA**, Contento IR, Bandelli LN, Ang IY, Di Noia J. Validity and Reliability of Behavior and Theory-Based Psychosocial Determinants Measures, Using Audience Response System Technology in Urban Upper-Elementary Schoolchildren. *Journal of Nutrition Education and Behavior*. 48(7), 437-452, 2016. doi: 10.1016/j.jneb.2016.03.018.
- Gray HL, Burgermaster M, Tipton E, Contento IR, **Koch PA**, Di Noia J. Intraclass Correlation Coefficients for Obesity Indicators and Energy Balance-Related Behaviors Among New York City Public Elementary Schools. *Health Education and Behavior*. Vol. 43(2) 172–181, 2016. doi: 10.1177/1090198115598987
- Feather A, Aycinena AC*, Lovais G, Rundle A, Gaffney AO, Richardson J, Hershman D, **Koch PA**, Contento IR, Greenlee H. Food Environments are relevant to recruitment and adherence in dietary modification trials. *Nutrition Research* 35(6), 2015. doi: 10.1016/j.nutres.2015.04.007
- Crookes DM, Shelton RC, Tehranifar P, Aycinena C*, Gaffney AO, **Koch P**, Contento IR, Greenlee H. Social networks and social support for healthy eating among Latina breast cancer survivors: implications for social and behavioral interventions. *Journal of Cancer Survivors*. 2015. doi: 10.1007/s11764-015-0475-6
- Greenlee H, Ogden Gaffney A, Aycinena AC*, **Koch P**, Contento I, Karmally W, Richardson EL et al. ¡Cocinar Para Su Salud!: Randomized Controlled Trial of a Culturally Based Dietary Intervention among Hispanic Breast Cancer Survivors. *Journal of the Academy of Nutrition and Dietetics*, 115:709–723, 2015.
- Majumdar D*, **Koch PA**, Gray HL, Contento IR, Islas-Ramos AL, Fu D. Nutrition Science and Behavioral Theories Integrated in a Serious Game for Adolescents. *Simulation & Gaming*. 1-30, 2015, doi: 10.1177/1046878115577163
- Gray HL, Contento IR, **Koch P**. Linking implementation process to intervention outcomes in obesity risk-reduction nutrition curriculum intervention for middle school students: Choice, Control & Change. *Health Education Research*, 30(2)248-61, 2015.

Reports and Media (since 2015)

- Trent R, Ijaz Ahmed D, and **Koch P**. *Cooking Outside the Box: How a Scratch Cooking Pilot in The Bronx is Reshaping Meals in New York City Schools*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College, Columbia University. October, 2019
- Koch PA**, 2020 Conference Theme: What Food Future? *Journal of Nutrition Education and Behavior*, 51:917 (Editorial), 2019.
- Brewer, G, **Koch, P** and Treyger M. Giving Our Children Tools to Eat and Live Healthy. *Gotham Gazette*. April 2, 2019.
- Britton, Scott. Nutrition 101, or How to Save the Planet. LI Herald. *Note: this was an article about a panel I was on at Teacher College's 2018 Academic Festival. April, 27, 2018*
- Koch P**, Trent R, Wolf R. *Wellness in the School Evaluation: Final Report*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition at Teachers College, Columbia University. February, 2018.
- Koch PA**, McCarthy JE, Uno C, Gray HL, Simatou G. *A is for Apple: The State of Nutrition Education Programs in New York City Schools*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition at Teachers College, Columbia University. January, 2018
- McCarthy JE, Uno C, **Koch PA**, Troutman CA, Contento IR. *Empowered Eaters: A Road Map for Stronger New York City Nutrition Education Policies and Programs*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition at Teachers College, Columbia University. January 2018.
- McCarthy JE, Uno C, **Koch PA**, Troutman CA, Contento IR. *Empowered Eaters: A Road Map for Stronger New York State Nutrition Education Policies and Programs*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition at Teachers College, Columbia University. January, 2018.
- Koch P**, Wolf R, Graziose M, Gray HL, Trent R, and Uno C. *FoodCorps: Creating Healthy School Environments*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College, Columbia University. February, 2017.
- Koch P**, Gray HL, Wolf R, Ang I. *Edible Schoolyard New York City Evaluation at Manhattan Showcase School, PS 7 Report on data collected 2013–2016*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College Columbia University, November, 2016.
- Contento, IR, **Koch P**, Burgermaster M. *Nutrition Education DESIGN Procedure Creating nutrition education that is behaviorally focused and theory based to change behavior*. Program in Nutrition, Teachers College Columbia University, July, 2016.
- Koch, P**. *DESIGN for JOFEE: Creating activities that will help people make healthy & sustainable food choices informed and inspired by Jewish tradition and culture*. Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition, Teachers College Columbia University, July, 2016
- Koch PA**, Keeping nutrition education strong in our new presidential administration. *Journal of Nutrition Education and Behavior*, 49:1 (Editorial), 2017.
- Burt KG, **Koch PA**, Uno C, and Contento IR. *The GREEN Tool (Garden Resources, Education, and Environment Nexus) For Well-Integrated School Gardens*. Laurie M. Tisch Center for Food, Education & Policy at the Program in Nutrition, Teachers College, Columbia University. Research Brief, August, 2016.
- Taparia H, **Koch P**. Real Food Challenges the Food Industry (online version title A Seismic Shift in How People Eat). *The New York Times*. November 8, 2015, page SR4.