

Nicholas V. Neuwald, PhD, MS

Postdoctoral Trainee

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Nicholas-Neuwald



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TRAINING AND EMPLOYMENT

EDUCATION

Doctor of Philosophy in Nutritional Sciences

05/2024

Pennsylvania State University, University Park, Pennsylvania

Department: Nutritional Sciences

Mentor: Kathleen Keller, PhD

Thesis: Switching Between Foods: An Obesogenic Behavioral Phenotype in Children

GPA: 3.92

Bachelors of Science- Human Environmental Science

05/2024

DPD Verification Statement

University of Alabama, Tuscaloosa, Alabama

Department: Human Environmental Sciences

Advisor: Kim Stran, PhD

GPA: 3.96

Master of Science in Education- Nutrition and Exercise Physiology

05/2019

University of Miami, Coral Gables, Florida

Department: Education and Human Development

Mentor: Wesley Smith, PhD

GPA: 3.95

Bachelor of Arts- University Scholars (pre-med)

05/2015

Baylor University, Waco, Texas

Honors Thesis: Examination of geographic variation in male melanistic color pattern in the Lake Malawi Maylandia zebra cichlid species

Mentor: Patrick Danley, PhD

GPA: 3.64

Training

Postdoctoral Associate

08/2024 – Present

University at Buffalo Jacobs School of Medicine and Biomedical Sciences, Buffalo, New York
Behavioral Medicine Lab

Mentors: Dr. Leonard Epstein, PhD and Dr. Jennifer Temple, PhD

- Leading the IMPACT Study (investing metabolic and physiological adaptations in a clinical trial), a pilot study examining the metabolic and behavioral consequences of food insecurity in women with obesity and prediabetes
- Overseeing implementation of a stepped-wedge, meal-delivery intervention targeting RQ, TEF, and food motivation
- Collaborated with inventors at ASU on the validation of a portable indirect calorimetry device, Breezing Med, in a pediatric population

- Coordinating data collection, metabolic assessments, and behavioral tasks in collaboration with dietitians and community partners
- Managing regulatory approvals, protocol adherence, and staff training for multiple studies

06/2019 – 07/2024

Graduate Research Assistant (Doctoral Program)

Penn State University, State College, Pennsylvania

Metabolic Kitchen and Children's Eating Behavior Laboratory

Mentor: Kathleen Keller, PhD

- Led and training a team of microstructure behavioral coders for two R01 Projects
- Assisted with study development, data collection, recruitment, organization, and data analyses for two R01 projects including:
 - Brain and Overeating Study
 - Resilience to the Effect of Advertising in Children (REACH)
- Led the development and implementation of a pilot study to test a novel measure of interoception
 - Tuning Into the Cardiac Tempo for Adults and Older Children (TICTACH)

Graduate Assistant (Master's Program)

08/2018 – 05/2019

University of Miami, Coral Gables, Florida

Department: Kinesiology and Sport Sciences

Mentor: Wesley Smith, PhD

- Assisted in teaching for 4 undergraduate and 2 graduate courses
- Conducted a research project using self-reported dietary and anthropometric data collected on 2,703 adults from a HealthSnap wellness assessment platform used in physicians' offices across the country to examine relationships between health and nutrition variables
- Helped manage the *Guardrails Prevention Initiative*, a service-based research project advocating chronic disease prevention throughout the University and Miami-Dade County.

Research Assistant (Undergraduate)

08/2013 – 05/2015

Baylor University, Waco, Texas

Department: Biology

Mentor: Patrick Danley, PhD

- Conducted an independent research project determining ecological forces influencing population differentiation of Lake Malawi cichlids.
- Created a novel automated method for quantifying pigment density in zebra cichlids
- Assisted with the maintenance and operations of the lab

RESEARCH INTERESTS

Topic Areas: childhood obesity maintenance and prevention • ingestive behavior • eating microstructure analyses • interoception • satiation and satiety mechanisms • hedonic versus homeostatic regulatory pathways • behavioral interventions to improve diet / prevent obesity • neural mechanism underlying eating behaviors • how early exposure to dietary and metabolic factors can influence disease risk later in life • evolutionary psychology underlying eating behaviors • body composition and diet

Populations of Interest/Study: children, adolescents, adults

RESEARCH AND HONORS

AWARDS

John A. Milner Award, Penn State University

2024

Health and Human Development Endowed Graduate Fellowship

2024

Rolls-Simons Travel Award, The Obesity Society	2023
George H. Collier New Investigator Travel Award, Society for the Study of Ingestive Behavior	2022, 2023
College of Health and Human Development Rapid Research Competition, 3 rd place	2023
Barbara J. Rolls Graduate Scholarship, Penn State University	2019, 2023
TRANSCEND Maternal and Child Health Fellowship, Penn State University	2022, 2023
Ruth L. Pike Graduate Fellowship, Penn State University	2020, 2023
Gerard P. Smith Best Oral Presentation, Society for the Study of Ingestive Behavior	2022
Excellence in Graduate Recruitment Award, Penn State University	2019
Nutrition Graduate Student of the Year, University of Miami	2019
President's Gold Scholarship	2011– 2015

PUBLICATIONS

1. **Neuwald, N. V.**, Pearce, A. L., Adise, S., Rolls, B. J., & Keller, K. L. (2023). Switching Between Foods: A Potential Behavioral Phenotype of Hedonic Hunger and Increased Obesity Risk in Children. *Physiology & Behavior*, 114312.
2. Pearce, A. L., **Neuwald, N. V.**, Evans, J. S., Romano, O., Rolls, B. J., & Keller, K. L. (2024). Child eating behaviors are consistently linked to intake across meals that vary in portion size. *Appetite*, 107258.
3. **Neuwald, N. V.**, Pearce, A. L., Cunningham, P. M., Koczwara, L., Setzenfand, M. N., Rolls, B. J., & Keller, K. L. (2024). Switching between foods is reliably associated with intake across eating events in children. *Appetite*, 107325.
4. **Neuwald, N. V.**, Pearce, A. L., Cunningham, P. M., Setzenfand, M. N., Koczwara, L., Rolls, B. J., & Keller, K. L. (2025). Food switching at a meal is positively associated with change in adiposity among children at high-familial risk for obesity. *Appetite*, 208, 107915.
5. Epstein, L.H., Apolzan, J. W., Moore, M., **Neuwald, N. V.**, & Faith, M. S. (2025). Using Metabolic Testing to Personalize Behavioral Obesity Treatment. *Obesity Science & Practice*, 11(2), e70065.

PUBLICATIONS IN PROGRESS

1. **Neuwald, N.V.**, Hallisky, K.M., Hohman E., Pearce, A.L., Keller, K.L. (2024) Development and Initial Validation of a Novel Method of Measuring Interoception, in preparation
2. Epstein, L.H., **Neuwald, N.V.**, Paluch, R.A., Quattrin, T., & Wilfley, D.E., (2025). The role of changes in height and weight as determinants of child zBMI changes for children 6-12 years of age. *Pediatric Obesity*, (In review)
3. Epstein, L.H., **Neuwald, N.V.**, Paluch, R.A., Moore, M., & Wilfley, D.E., (2025). Clinically Effective Child Change in Family-Based Behavioral Treatment for Pediatric Obesity: A Mega-Analysis. *Obesity*, (In review)
4. **Neuwald, N.V.**, Temple, J.L, Epstein, L.H., Validation of a portable indirect calorimetry device (Breezing MedTM) in a pediatric sample. (In progress)

CONFERENCE PRESENTATIONS

*Underline indicates presenting author

2025

1. **Neuwald, N.V.**, Temple, L.T., Epstein, L.H. (May 8th, 2025) Relationship Between Sex of Parents and Their Child on Clinical Effectiveness of Family-Based Behavioral Programs, to be presented via oral presented at the Society for Ingestive Behavior Annual Meeting, Oxford, UK.
2. **Neuwald, N.V.**, Temple, L.T., Epstein, L.H. (May 8th, 2025) Relationship Between Sex of Parents and Their Child on Clinical Effectiveness of Family-Based Behavioral Programs, Presented via poster at the University at Buffalo Ingestive Behavior Day, Buffalo, NY.

2023

3. **Neuwald, N.V.**, Hallisky, K.M., Hohman E., Pearce, A.L., Keller, K.L. (November 11th, 2023) An Innovative Approach for Assessing Interoception: Validation of the Tuning Into the Cardiac Tempo for Adults and Children Task (TICTACH), Presented via poster at the 2nd Annual NIH Investigator Meeting for Interoception Research, Bethesda, MD.
4. **Neuwald, N.V.**, Pearce, A.L., Cunningham, P.M., Rolls, B.J., Keller, K.L., (October 15th, 2023) Switching Between Foods During a Meal: A Potentially Obesogenic Behavior in Preadolescent Children. Orally presented for The Obesity Society Annual Meeting, Dallas, TX.

5. **Neuwald, N.V., Baltussen, G.L.,** Pearce, A.L., Cunningham, P.M., Rolls, B.J., Keller, K.L., Switching Between Foods Mediates the Association of Reward-Based Eating and Meal Intake in Children. Presented via poster for *The Obesity Society Annual Meeting, 2023*
6. Hallisky, K.M., Pearce, A.L., **Neuwald, N.V.,** Keller, K.L., (July 15th, 2023), Sex Moderates the Relationship Between Children's Inhibitory Control and Eating in the Absence of Hunger. Presented via poster for the *Society for Ingestive Behavior Annual Meeting, Portland, OR.*
7. **Neuwald, N.V.,** Pearce, A.L., Rolls, B.J., Keller, K.L., (July 13th, 2023) A Bite of This and A Bite of That: Switching Behavior is Consistent Within Children Across Meals. Presented for the *Society for Ingestive Behavior Annual Meeting, Portland, OR.*
8. Pearce, A.L., **Neuwald, N.V.,** Rolls, B.J., and Keller, K.L. (July 13, 2023) Bite by Bite: Consistency in Child Eating Behaviors Linked to Overconsumption. 30th Annual Meeting of the *Society for the Study of Ingestive Behavior. Portland, OR.*
9. **Neuwald, N.V.,** Pearce, A.L., Rolls, B.J., Keller, K.L., (March 2023) The Flip Side of Variety: Switching Between Foods May be a Reliable Risk Factor for Overeating in Children. Oral presentation for the *Penn State Graduate School Exhibition, State College, PA.*

2022

10. **Neuwald, N.V.,** Adise, S., Pearce, A.L., Rolls, B.J., Keller, K.L., Switching Between Foods During an Eating in the Absence of Hunger Paradigm is Associated with Greater Intake and Weight Status in Children. Oral presentation for the *Society for Ingestive Behavior Annual Meeting, 2022.*

2021

11. **Neuwald, N.V.,** Garavan, H., Geier, C., Pearce, A.L., Rolls, B.J., Rose, E., Wilson, S., Cevallos, M., Romano, O., Keller, K.L., Food Responsiveness Indirectly Affects Children's Meal Intake by Influencing the Number of Switches Between Foods. Poster presented at the *Society for Ingestive Behavior Annual Meeting, 2021*

2020

12. **Neuwald, N.V.,** Fearnbach, N., Garavan, H., Geier, C., Rolls, B.J., Rose E., Wilson, S., Keller, K.L., Hedonic Eating Predicts Fat Mass in Healthy-weight Children at Low Familial Risk for Obesity. Poster presented at *The Obesity Society Annual Meeting, 2020*

2019

13. **Neuwald, N.V.,** Perry, A.C., Smith, W., Home Cooked Meals With Whole, Plant Foods and the Protection Against Central Adiposity. Poster presented at *ACSM Annual Meeting "World Congress on Exercise is Medicine", 2019*
14. Lucas, E., **Neuwald, N.V.,** Perry, A.C., Smith, W. The Relationship Between a High Sugar-Low Fiber Dietary Food Intake and Obesity in a Clinical Setting. Presented at *ACSM Annual Meeting "World Congress on Exercise is Medicine", 2019*

2015

15. **Neuwald, N.V.,** Danley, P. Examination of Geographic Variation in Male Melanistic Color Pattern in the Lake Malawi Maylandia Zebra Cichlid Species. Dissertation. Presented at *Baylor Honors Week, 2015*

TEACHING, INTERSHIPS, SERVICE

TEACHING EXPERIENCE

Instructor

Course	Course Title	Type of Course	Semester, Year	University
NUTR 100	Nutrition Applications for a Healthy Lifestyle	Undergraduate Course	Summer, 2023	Penn State
NUTR 100	Nutrition Applications for a Healthy Lifestyle	Undergraduate Course	Fall, 2023	Penn State

Teaching Assistant

Course	Course Title	Type of Course	Semester, Year	University
NUTR 451	Nutrition in the Lifecycle	Undergraduate Course	Fall, 2021	Penn State
NUTR 445	Macronutrient Biochemistry	Undergraduate Course	Fall, 2020	Penn State
KIN-232	Human Physiology	Undergraduate Course	Spring, 2019	University of Miami
KIN-233	Anatomy Lab	Undergraduate Course	Spring, 2019	University of Miami
KIN-365/669	Exercise Programming	Graduate Course	Spring, 2019	University of Miami
KIN-202	Applied Nutrition for Health and Performance	Undergraduate Course	Fall, 2018	University of Miami
KIN-221	Exercise Physiology: Biochemistry and Skeletal Muscle	Undergraduate Course	Fall, 2018	University of Miami
KIN-477/677	Advanced Nutrition for Health and Fitness	Graduate Course	Fall, 2018	University of Miami

INTERNSHIPS

Internship with Chartwells

02/2019 – 04/2019

Advisor: Gabriella Alfonso, MS, RD, LD/N,
Graham Center, Florida International University, FL
60 Hours

- Demonstrated culinary skills and operational knowledge of commercial food production equipment by preparing and serving food in quantity that meets customer expectations
- Used recipes and food standards to prepare specific menu items.
- Followed correct procedures to receive and store foods and supplies.

Internship with Oncology Dietitian

09/2018 – 01/2019

Advisor: Vanessa Serrano, RD, LD/N, CDM/CFPP,
Lennar Foundation Medical Center, University of Miami, FL
50 Hours

- Assisted in nutritional assessments for cancer patients under supervision of registered dietitian
- Provided nutritional counseling to cancer patients under supervision of registered dietitian
- Created ADIME notes for patients

Internship with Miami Football Nutrition Department

09/2017 – 10/2018

Advisor: Kyle Bellamy, Director of Football Nutrition and Performance
Hecht Center, University of Miami, FL
560 hours

- Performed dietary recalls and nutritional consultations for over 100 Football players
- Created custom meal plans for 100+ players based on position and goals
- Worked with a team to prepare and serve meals to players
- Created designs and nutrition focused infographics for use on social media

SERVICE

Society for the Study of Ingestive Behavior	New Investigators Advisory Board Member	2023 – present
HRSA Maternal and Child Health	Trainee Ambassador	2022 – 2024
Nutrition and Neuroscience Journal Club	Head	2021– 2022
Nutrition Graduate Student Association	Social Chair	2020 – 2022
Baylor Medical Ethics Discussion Society	Social Chair/ Secretary	2013 – 2015

ACADEMIC SOCIETY MEMBERSHIPS

American College of Sports Medicine	2017 – present
Academy of Nutrition and Dietetics	2019 – present
The Obesity Society	2019 – present
The American Society for Nutrition	2019 – present
The Society for the Study of Ingestive Behavior	2019 – present

CERTIFICATIONS

Graduate Student Teaching Certificate, Penn State	2022
Graduate School Online Teaching Certificate, Penn State	2020

SOFTWARE EXPERTISE

R
SPSS
Microsoft Excel / Word / PowerPoint
Adobe Premier
Adobe Photoshop
Open Broadcaster Software (OBS)
Noldus Observer XT
Behavioral Observation Research Interactive Software
ELAN
Qualtrics
RedCap
Rayyan
Javascript/ CSS/ HTML
Cardiosuite