

# RDPG Student Spotlight: Rosanna Watowicz, MS, RD, LD



**Name:** Rosanna Watowicz

**Credentials:** MS, RD, LD

**Degree pursuing:** PhD

**University:** The Ohio State University, School of Health and Rehabilitation Science

**Research area(s) of interest:** Pediatric obesity, patient-centered medical home and neighborhood, national dietary patterns

## **1. Describe the path (education, work experience, etc.) that led you to pursue a degree in nutrition and/or nutrition research.**

After finishing my undergraduate didactic program, I completed the combined master's degree/dietetic internship program at Ohio State. My master's thesis focused on the children of parents who have had bariatric surgery. I enjoyed the research and, after finishing my MS, I started working at Ohio State's Clinical Research Center as a Bionutritionist. About a year into that job, I had the opportunity to go back to school to pursue my PhD part-time while continuing to work. I am now full-time doctoral candidate and should be graduating this August.

## **2. What is the focus of your graduate work? Discuss your area of research or practice, dissertation or thesis topic, etc. Describe 1-2 highlights of your research career thus far.**

My dissertation focuses on nutrition in the patient-centered medical neighborhood. This means that patients see a dietitian within their community (in our case the dietitian is in a local grocery store), and then their primary care provider reinforces this nutrition counseling during regular medical visits. We are specifically studying adults with hypertension. We will look not only at changes in blood pressure but also at how well the dietitian and primary care provider are able to communicate with each other. If this model of nutrition care is successful, it could be applied to other chronic conditions including obesity in both adults and children.

I have also been involved with several research studies within Nationwide Children's Hospital's Center for Healthy Weight and Nutrition as a research assistant. One area we are currently studying is weight management for children with severe obesity.

## **3. What are your plans for the future (e.g. academia, government, industry, etc.)?**

I'm currently exploring career opportunities in academia. No matter where my future career takes me, I hope to continue working in the area of pediatrics.

## **4. List any published work if applicable.**

**Watowicz, RP, Anderson, SA, Kaye, GL, Taylor, CA.** . Estimated Energy Contribution of Beverages in U.S. Children by Age, Weight Status and Consumer Status: NHANES 2005-2010. *Child Obesity*. 2014;11(4),475-83. <http://www.ncbi.nlm.nih.gov/pubmed/26193451>.

**Watowicz, RP, Tindall, A, Eneli, IU.** . A Protein-Sparing Modified Fast for Adolescents with Severe Obesity: A Case Series. *ICAN: Infant, Child, & Adolescent Nutrition*. 2015;7(5),233-24. <http://can.sagepub.com/content/7/5/233>.

**Watowicz, RP, Taylor, CA.** . A Comparison of Beverage Intakes in US Children Based on WIC Participation and Eligibility. *Journal of Nutrition Education and Behavior*. 2014;26(3 Suppl), S59-64. <http://www.ncbi.nlm.nih.gov/pubmed/24809998>.

**Watowicz, RP, Taylor, CA, Eneli, IU.** Lifestyle Behaviors of Obese Children Following Parental Weight Loss Surgery. *Obesity Surgery*. 2013;23(2),173-178. <http://www.ncbi.nlm.nih.gov/pubmed/22941333>.

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